



HEALTH SCORE

54%

Garden Omelet



Gluten Free

READY IN



24 min.

SERVINGS



2

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup egg substitute
- ☐ 0.3 cup mushrooms fresh sliced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 teaspoons hot sauce
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat

- ☐ 1 small tomatoes seeded chopped
- ☐ 1 small to 3 sized squashes yellow chopped
- ☐ 1 small zucchini chopped

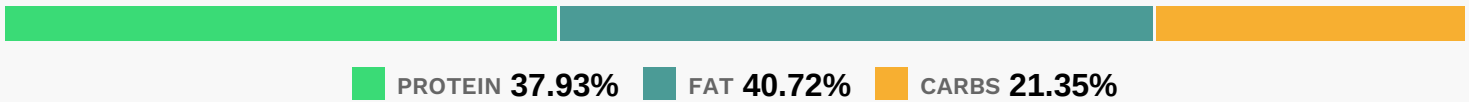
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Saut first 6 ingredients in a 10-inch nonstick skillet coated with cooking spray over medium-high heat 9 minutes or until liquid evaporates; remove from skillet, and set aside. Wipe skillet clean.
- ☐ Whisk together egg substitute, hot sauce, and salt; pour into skillet coated with cooking spray. As mixture starts to cook, gently lift edges with a spatula, and tilt pan so uncooked portion flows underneath.
- ☐ Spoon vegetables onto egg, and sprinkle with shredded cheese. Fold in half, and transfer to a serving plate; sprinkle with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:106.5, Glycemic Load:1.84, Inflammation Score:-9, Nutrition Score:24.780434774316%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 216.23kcal (10.81%), Fat: 10.14g (15.6%), Saturated Fat: 5.56g (34.75%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 9.32g (3.39%), Sugar: 8.04g (8.93%), Cholesterol: 28.35mg (9.45%), Sodium: 779mg (33.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.25g (42.51%), Selenium: 59.04µg (84.34%), Vitamin C: 48.29mg (58.53%), Vitamin B2: 0.8mg (46.97%), Vitamin K: 43.13µg (41.07%), Calcium: 320.79mg (32.08%), Phosphorus: 293.23mg (29.32%), Vitamin A: 1410.11IU (28.2%), Vitamin B6: 0.52mg (26.17%), Vitamin B5: 2.59mg (25.94%), Potassium: 807.81mg (23.08%), Zinc: 2.8mg (18.66%), Folate: 74.11µg (18.53%), Iron: 3.27mg (18.17%), Vitamin E: 2.6mg (17.33%), Vitamin B1: 0.26mg (17.06%), Manganese: 0.33mg (16.43%), Magnesium: 57.36mg (14.34%), Vitamin D: 2.11µg (14.09%), Vitamin B12: 0.71µg (11.89%), Fiber: 2.63g (10.53%), Copper: 0.19mg (9.3%), Vitamin B3: 1.58mg (7.92%)