



Golden-Brown Omelet



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



390 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 3 eggs beaten
- ☐ 1 serving pepper black freshly ground
- ☐ 2 tablespoons butter unsalted

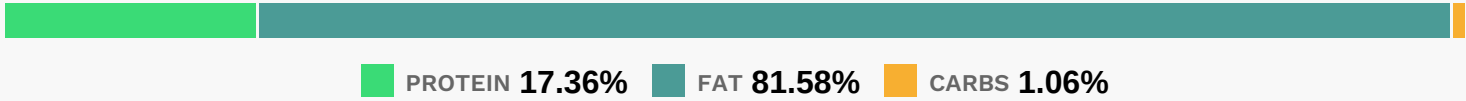
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Heat a nonstick 8" orwell-seasoned heavysteel skillet overmedium-high heat for1 minute.
- ☐ Add 2 tablespoonsunsalted butter. Oncebutter sizzles andbegins to brown, swirlto coat pan.
- ☐ Add3 beaten eggs andseason with koshersalt and freshlyground black pepper.Cook, pulling up theedges with a heatproofsilicone spatula,allowing uncookedeggs to run into pan,until the bottom isgolden brown andthe top begins to set,1-2 minutes.
- ☐ Add fillings, suchas caramelized onions,chopped herbs, andgrated Parmesan.Using the spatula, foldup 1/3 of the omelet.
- ☐ Roll the omelet overonto itself, then tilt thepan and slide omeletonto a plate.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:13.379999976119%

Nutrients (% of daily need)

Calories: 389.77kcal (19.49%), Fat: 35.27g (54.26%), Saturated Fat: 18.52g (115.73%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.51g (0.56%), Cholesterol: 551.24mg (183.75%), Sodium: 190.54mg (8.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.88g (33.76%), Selenium: 40.81µg (58.3%), Vitamin B2: 0.61mg (36.06%), Vitamin A: 1413.07IU (28.26%), Phosphorus: 268.24mg (26.82%), Vitamin B5: 2.06mg (20.56%), Vitamin D: 3.06µg (20.4%), Vitamin B12: 1.22µg (20.37%), Folate: 62.9µg (15.72%), Vitamin E: 2.04mg (13.58%), Iron: 2.33mg (12.92%), Zinc: 1.73mg (11.53%), Vitamin B6: 0.23mg (11.28%), Calcium: 81.08mg (8.11%), Potassium: 190.21mg (5.43%), Copper: 0.1mg (5.04%), Magnesium: 16.57mg (4.14%), Vitamin B1: 0.05mg (3.62%), Manganese: 0.05mg (2.54%), Vitamin K: 2.52µg (2.4%)