



Greek Inspired Spring Omelet

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



1

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 3 asparagus
- 0.3 cup egg whites
- 1 Tbsp feta cheese crumbled
- 1 serving spring onion diced
- 1 serving salt and pepper to taste
- 1 Tbsp tzatziki
- 4 cherry tomatoes diced red yellow (, or a mix)

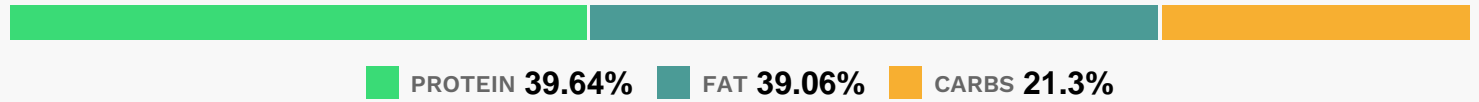
Equipment

- bowl
- frying pan

Directions

- In a medium skillet saute asparagus until tender, about 7 minutes. Set aside. In a small bowl combine egg whites and tzatziki; stir to combine. Spray non stick skillet with cooking spray and bring to medium heat.
- Pour in egg white and allow it to spread over the skillet surface. Cook until egg turns white; about 2 minutes. Slide omelette onto a plate and place asparagus, tomatoes, green onions and feta in the middle. Fold the omelette into thirds to cover the fillings.
- Serve hot with additional tzatziki. Salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:11.847391304348%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Taste

Sweetness: 70.15%, Saltiness: 100%, Sourness: 48.76%, Bitterness: 16.07%, Savoriness: 60.44%, Fattiness: 74.1%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 133.43kcal (6.67%), Fat: 5.94g (9.13%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 5.64g (2.05%), Sugar: 3.81g (4.23%), Cholesterol: 17.63mg (5.88%), Sodium: 606.45mg (26.37%), Protein: 13.55g (27.11%), Vitamin B2: 0.59mg (34.5%), Vitamin K: 34.6µg (32.95%), Selenium: 20.23µg (28.9%), Vitamin C: 19.32mg (23.42%), Vitamin A: 876.96IU (17.54%), Calcium: 132.92mg (13.29%), Folate: 46.32µg (11.58%), Phosphorus: 115.66mg (11.57%), Potassium: 404.37mg (11.55%), Iron: 1.76mg (9.75%), Vitamin B6: 0.18mg (8.86%), Copper: 0.17mg (8.55%), Manganese: 0.17mg (8.55%), Vitamin B1: 0.13mg (8.39%), Vitamin E: 0.99mg (6.58%), Fiber: 1.64g (6.56%), Magnesium: 26.19mg (6.55%), Vitamin B12: 0.36µg (6%), Zinc: 0.89mg (5.95%), Vitamin B3:

1.12mg (5.58%), Vitamin B5: 0.54mg (5.42%)