



HEALTH SCORE

70%

Greek Omelet With Asparagus and Feta Cheese



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



1285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 spears asparagus fresh trimmed chopped
- ☐ 2 tablespoons butter
- ☐ 0.5 cup cherry tomatoes halved
- ☐ 0.5 teaspoon basil dried
- ☐ 6 large eggs
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.5 teaspoon garlic minced

- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 bell pepper red chopped
- ☐ 1 serving salt to taste
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 0.5 cup pkt spinach fresh chopped
- ☐ 0.3 cup milk whole

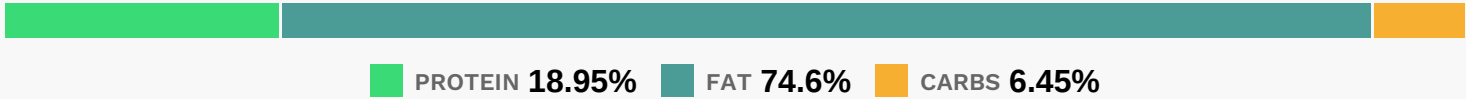
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Heat olive oil in a large skillet over medium heat; cook and stir asparagus and red bell pepper until the vegetables start to soften, about 3 minutes. Stir in cherry tomatoes, spinach, garlic, oregano, basil, and salt and continue cooking until tomatoes are soft and spinach has cooked down, another 3 to 5 minutes.
- ☐ Remove from heat and transfer vegetables to a plate.
- ☐ Melt butter in clean skillet over medium heat.
- ☐ Whisk eggs and milk in a bowl and pour into hot butter, swirling skillet to cover entire bottom with egg mixture. Pull up an edge of the omelet with a spatula and tilt pan to allow unset egg to run underneath and cook; continue around pan, lifting omelet edge and tilting pan, until all the egg mixture is set.
- ☐ Sprinkle omelet with salt.
- ☐ Spoon cooked asparagus mixture onto one side of the omelet and sprinkle with feta and Cheddar cheeses. Gently fold half the omelet over the vegetables and cheese and press edges lightly to seal in the filling. Cook until filling is hot and Cheddar cheese has melted, 1 to 2 more minutes.
- ☐ Cut in slices to serve.

Nutrition Facts



Properties

Glycemic Index:273, Glycemic Load:3.58, Inflammation Score:-10, Nutrition Score:60.372608931168%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 14.7mg, Quercetin: 14.7mg, Quercetin: 14.7mg, Quercetin: 14.7mg

Nutrients (% of daily need)

Calories: 1285.47kcal (64.27%), Fat: 107.42g (165.27%), Saturated Fat: 44.3g (276.88%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 16.13g (5.87%), Sugar: 10.44g (11.6%), Cholesterol: 1278.52mg (426.17%), Sodium: 1888.56mg (82.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.41g (122.82%), Selenium: 115.85µg (165.5%), Vitamin A: 7398.53IU (147.97%), Vitamin K: 154.13µg (146.79%), Vitamin B2: 2.47mg (145.05%), Vitamin C: 103.23mg (125.13%), Phosphorus: 1143.21mg (114.32%), Calcium: 899.76mg (89.98%), Vitamin B12: 4.61µg (76.9%), Vitamin E: 11.19mg (74.62%), Folate: 291.81µg (72.95%), Vitamin B6: 1.27mg (63.49%), Vitamin B5: 6.28mg (62.79%), Iron: 10.01mg (55.63%), Zinc: 8.27mg (55.16%), Vitamin D: 7.14µg (47.6%), Potassium: 1178.13mg (33.66%), Manganese: 0.67mg (33.29%), Vitamin B1: 0.49mg (32.82%), Magnesium: 111.53mg (27.88%), Copper: 0.54mg (26.92%), Fiber: 4.76g (19.05%), Vitamin B3: 3.17mg (15.83%)