



## Greek Omelet with Feta

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- 1 cup tightly baby spinach leaves packed
- 2 eggs
- 2 tablespoons milk fat-free
- 0.3 cup athenos feta cheese divided crumbled traditional
- 0.5 teaspoon garlic minced
- 2 tablespoons onions red chopped
- 2 tablespoons tomatoes seeded chopped

## Equipment

- frying pan
- whisk
- spatula

## Directions

- Cook spinach, onions and garlic in small nonstick skillet on medium heat 4 min. or until onions are crisp-tender, stirring frequently. Stir in tomatoes.
- Whisk eggs and milk until blended.
- Add to skillet; tilt skillet to evenly coat spinach mixture. Cook 2 to 3 min. or until eggs are almost set, occasionally lifting edge with spatula and tilting skillet to allow uncooked portion to flow underneath. Top with 3 Tbsp. cheese; cook 1 to 2 min. or until eggs are set but top is still slightly moist.
- Slip spatula underneath omelet, tip skillet to loosen and gently fold omelet in half.
- Remove from heat.
- Sprinkle with remaining cheese; cut in half.

## Nutrition Facts

**PROTEIN 29.26%** **FAT 58.1%** **CARBS 12.64%**

## Properties

Glycemic Index:93.63, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:13.677826031395%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

## Nutrients (% of daily need)

Calories: 128.94kcal (6.45%), Fat: 8.33g (12.81%), Saturated Fat: 3.9g (24.35%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.39g (1.23%), Sugar: 1.8g (2%), Cholesterol: 180.82mg (60.27%), Sodium: 295.5mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.88%), Vitamin K: 74.14µg (70.61%), Vitamin A: 1877.32IU (37.55%), Vitamin B2: 0.41mg (24.33%), Selenium: 16.93µg (24.18%), Phosphorus: 181.3mg (18.13%),

Calcium: 156.86mg (15.69%), Folate: 60.22µg (15.06%), Vitamin B12: 0.8µg (13.26%), Vitamin B6: 0.23mg (11.27%), Manganese: 0.19mg (9.74%), Vitamin B5: 0.95mg (9.49%), Vitamin C: 7.21mg (8.75%), Zinc: 1.31mg (8.7%), Iron: 1.37mg (7.62%), Vitamin D: 1.12µg (7.47%), Potassium: 233.75mg (6.68%), Magnesium: 25.31mg (6.33%), Vitamin E: 0.88mg (5.88%), Vitamin B1: 0.08mg (5.21%), Copper: 0.07mg (3.62%), Fiber: 0.69g (2.77%), Vitamin B3: 0.45mg (2.25%)