



Greek Omelet with Feta

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



13 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

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

Equipment

- frying pan
- whisk
- spatula

Directions

- Cook spinach, onions and garlic in small nonstick skillet sprayed with cooking spray 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 29.27% **FAT 58.13%** **CARBS 12.6%**

Properties

Glycemic Index:9.36, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.3669565268185%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 12.89kcal (0.64%), Fat: 0.83g (1.28%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.18g (0.2%), Cholesterol: 18.08mg (6.03%), Sodium: 29.55mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Vitamin K: 7.41µg (7.06%), Vitamin A: 187.73IU (3.75%), Vitamin B2: 0.04mg (2.43%), Selenium: 1.69µg (2.42%), Phosphorus: 18.12mg (1.81%), Calcium: 15.68mg

(1.57%), Folate: 6.02 μ g (1.51%), Vitamin B12: 0.08 μ g (1.33%), Vitamin B6: 0.02mg (1.12%)