



Gruyère and Parsley Omelets



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 4 large eggs
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon herbs like: thym dried
- ☐ 3 tablespoons parsley fresh italian chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons water

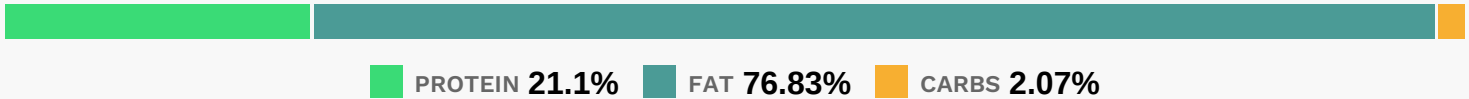
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Beat eggs, 2 tablespoons parsley, 2 teaspoons water, dried herbs, salt and pepper in small bowl to blend. Melt 1 tablespoon butter in small nonstick skillet over medium-high heat.
- ☐ Add half of egg mixture (about 1/2 cup) to skillet. Cook until eggs are just set in center, tilting pan and lifting edge of omelet with spatula to let uncooked portion flow underneath, about 2 minutes. Top half of omelet with 1/4 cup cheese. Using spatula, fold other half of omelet over cheese; slide out onto plate. Repeat with remaining butter, egg mixture and cheese.
- ☐ Sprinkle omelets with remaining 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:15.301739114782%

Flavonoids

Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 246.18kcal (12.31%), Fat: 20.92g (32.18%), Saturated Fat: 10.34g (64.61%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.43g (0.48%), Cholesterol: 402.1mg (134.03%), Sodium: 526.37mg (22.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.85%), Vitamin K: 100.3µg (95.52%), Selenium: 30.86µg (44.08%), Vitamin A: 1399.3IU (27.99%), Vitamin B2: 0.47mg (27.54%), Phosphorus: 205.26mg (20.53%), Vitamin B5: 1.58mg (15.76%), Vitamin B12: 0.91µg (15.23%), Folate: 56.62µg (14.15%), Vitamin D: 2µg (13.33%), Iron: 2.15mg (11.96%), Vitamin C: 7.99mg (9.68%), Vitamin E: 1.42mg (9.49%), Zinc: 1.37mg (9.14%), Vitamin B6: 0.18mg (8.83%), Calcium: 69.17mg (6.92%), Potassium: 178.13mg (5.09%), Copper: 0.09mg (4.27%), Magnesium: 15.8mg (3.95%), Manganese: 0.07mg (3.54%), Vitamin B1: 0.05mg (3.08%), Fiber: 0.26g (1.05%)