



Herb and Brie Omelet



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 oz round of président brie sliced
- ☐ 2 large eggs
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 0.5 teaspoon thyme sprigs fresh chopped
- ☐ 2 tablespoons milk
- ☐ 1 Dash pepper
- ☐ 0.3 teaspoon salt

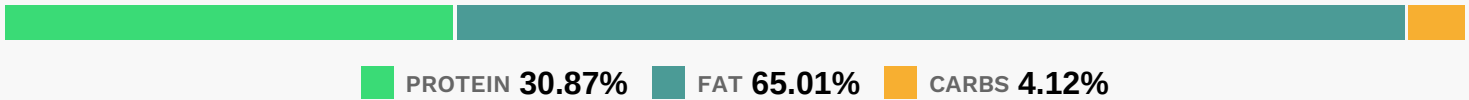
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Combine the eggs, basil, parsley, thyme, milk, salt and pepper in a mixing bowl.
- ☐ Whisk well to combine.
- ☐ Heat small nonstick skillet over medium heat. (Skillet should be hot before pouring in egg mixture.) When skillet is hot, spray with nonstick cooking spray.
- ☐ Pour egg mixture into skillet and allow it to cook, without stirring, until egg is almost set.
- ☐ Place cheese slices down center of egg; fold sides of the omelet over to cover cheese. Cover pan; continue to cook an additional 1 to 2 minutes or until cheese is melted.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:244, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:13.816956522672%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 257.44kcal (12.87%), Fat: 18.36g (28.24%), Saturated Fat: 8.63g (53.92%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.95g (2.16%), Cholesterol: 403.95mg (134.65%), Sodium: 913.33mg (39.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.61g (39.23%), Selenium: 35.39µg (50.56%), Vitamin B2: 0.65mg (38.37%), Phosphorus: 283.99mg (28.4%), Vitamin B12: 1.52µg (25.33%), Vitamin B5: 1.85mg (18.51%), Vitamin A: 918.41IU (18.37%), Folate: 67.41µg (16.85%), Vitamin D: 2.47µg (16.48%), Calcium: 153.59mg (15.36%), Zinc: 2.13mg (14.17%), Vitamin B6: 0.26mg (13.09%), Iron: 2.15mg (11.95%), Vitamin K: 11.15µg (10.61%), Vitamin E: 1.15mg (7.67%), Potassium: 240.08mg (6.86%), Magnesium: 24.39mg (6.1%), Vitamin B1: 0.08mg (5.2%), Manganese:

0.09mg (4.67%), Copper: 0.09mg (4.64%), Vitamin C: 2.09mg (2.54%), Vitamin B3: 0.25mg (1.26%)