



Herb and Goat Cheese Omelet



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



233 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup julienne-cut bell pepper red (3 x)
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 4 large eggs
- ☐ 1 teaspoon chives fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 0.5 teaspoon tarragon fresh chopped
- ☐ 1 ounce goat cheese crumbled
- ☐ 2 teaspoons olive oil divided

- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1 tablespoon water
- ☐ 0.5 cup zucchini thinly sliced

Equipment

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

Directions

- ☐ Combine eggs and 1 tablespoon water in a bowl, stirring with a whisk. Stir in 1/8 teaspoon pepper and 1/8 teaspoon salt.
- ☐ Combine parsley, tarragon, and goat cheese in a small bowl.
- ☐ Heat 1 teaspoon olive oil in an 8-inch nonstick skillet over medium heat.
- ☐ Add remaining 1/8 teaspoon pepper, zucchini, bell pepper, and dash of salt to pan; cook for 4 minutes or until tender.
- ☐ Remove zucchini mixture from pan; cover and keep warm.
- ☐ Place 1/2 teaspoon oil in skillet.
- ☐ Pour half of the egg mixture into pan, and let egg mixture set slightly (do not stir). Carefully loosen set edges of omelet with a spatula, tipping the pan to pour uncooked egg to the sides. Continue this procedure for about 5 seconds or until almost no runny egg remains.
- ☐ Sprinkle half of cheese mixture evenly over omelet; cook omelet 1 minute or until set. Slide omelet onto plate, folding into thirds. Repeat procedure with remaining 1/2 teaspoon oil, egg mixture, and goat cheese mixture.
- ☐ Sprinkle chives over omelets.
- ☐ Serve with zucchini mixture.

Nutrition Facts



 PROTEIN **27.71%**  FAT **64.79%**  CARBS **7.5%**

Properties

Glycemic Index:113, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:17.479130433953%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 233.01kcal (11.65%), Fat: 16.76g (25.78%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.16g (1.15%), Sugar: 2.85g (3.16%), Cholesterol: 378.52mg (126.17%), Sodium: 363.71mg (15.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.25%), Vitamin C: 53.84mg (65.26%), Selenium: 31.24µg (44.62%), Vitamin A: 1963.07IU (39.26%), Vitamin B2: 0.58mg (34.08%), Phosphorus: 258.03mg (25.8%), Vitamin B6: 0.38mg (18.89%), Folate: 75.29µg (18.82%), Vitamin B5: 1.82mg (18.16%), Vitamin B12: 0.92µg (15.28%), Vitamin E: 2.28mg (15.21%), Iron: 2.51mg (13.97%), Vitamin D: 2.06µg (13.71%), Zinc: 1.64mg (10.93%), Manganese: 0.21mg (10.64%), Copper: 0.21mg (10.37%), Potassium: 321.45mg (9.18%), Calcium: 91.11mg (9.11%), Vitamin K: 8.42µg (8.01%), Magnesium: 26.79mg (6.7%), Vitamin B1: 0.09mg (5.73%), Fiber: 1.21g (4.83%), Vitamin B3: 0.69mg (3.46%)