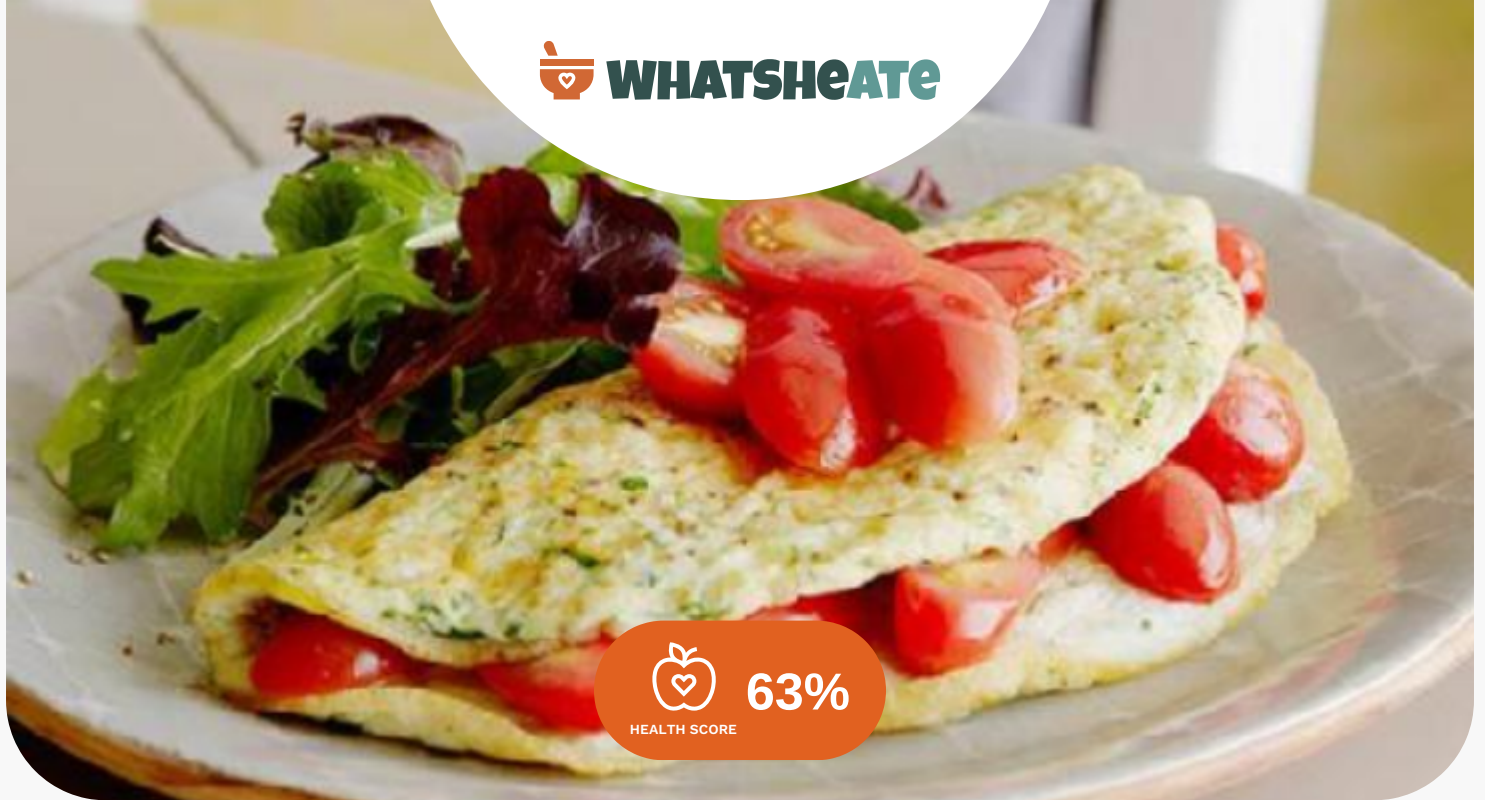




Herbed Egg White Omelet with Tomatoes



Vegetarian



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



14 min.

SERVINGS



2

CALORIES



125 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 5 large egg whites
- ☐ 0.3 cup flat-leaf parsley leaves roughly chopped
- ☐ 0.5 cup grape tomatoes halved
- ☐ 2 servings kosher salt and pepper black freshly ground to taste
- ☐ 3 cups baby greens mixed
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 tablespoon red wine vinegar

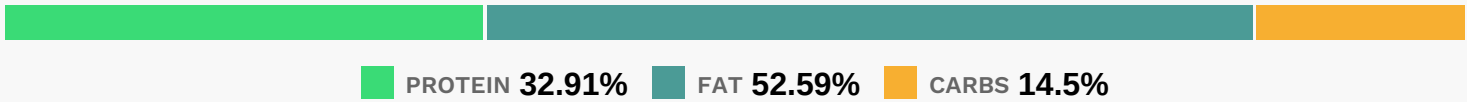
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Position a rack on the shelf closest to the broiler, and preheat the broiler to high heat.
- ☐ Toss the tomatoes with the vinegar, and 1 teaspoon of the olive oil. Season with salt and pepper; set aside.
- ☐ Warm a medium nonstick skillet over medium-low heat.
- ☐ Whisk the egg whites in a large bowl until foamy and doubled in volume; season with salt and pepper and whisk in the parsley.
- ☐ Add the remaining 2 teaspoons olive oil to the skillet.
- ☐ Pour the whites into the skillet and swirl to cover entire skillet. Cook, without stirring, until the whites are almost set and light brown on the bottom, about 3 minutes.
- ☐ Transfer the skillet under the broiler and cook until the omelet sets and begins to brown, about 30 seconds. Spoon half of the tomato salad onto half of the omelet and fold the omelet over the filling.
- ☐ Transfer omelet to a serving platter and scatter the remaining tomato salad on top.
- ☐ Serve with the baby greens on the side.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:0.47, Inflammation Score:-8, Nutrition Score:12.943478180015%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 125.46kcal (6.27%), Fat: 7.32g (11.26%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.82g (1.39%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 159.37mg (6.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.61%), Vitamin K: 130.32µg (124.11%), Vitamin C: 29.04mg (35.19%), Vitamin A: 1624.24IU (32.48%), Vitamin B2: 0.41mg (23.93%), Selenium: 16.75µg (23.93%), Folate: 42.5µg (10.63%), Potassium: 371.83mg (10.62%), Vitamin E: 1.27mg (8.44%), Manganese: 0.17mg (8.4%), Iron: 1.09mg (6.07%), Magnesium: 23.99mg (6%), Phosphorus: 49.82mg (4.98%), Vitamin B6: 0.09mg (4.45%), Copper: 0.08mg (4.21%), Vitamin B3: 0.74mg (3.69%), Vitamin B5: 0.29mg (2.93%), Fiber: 0.72g (2.88%), Calcium: 28.61mg (2.86%), Vitamin B1: 0.04mg (2.78%), Zinc: 0.3mg (1.99%), Vitamin B12: 0.07µg (1.24%)