



Indian Omelet



Vegetarian



Gluten Free

READY IN



7 min.

SERVINGS



2

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon cilantro leaves minced
- ☐ 4 eggs
- ☐ 3 chilies green minced
- ☐ 1 tablespoon milk
- ☐ 3 tablespoons onions minced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 1 tomatoes sliced for garnish
- ☐ 0.3 teaspoon turmeric

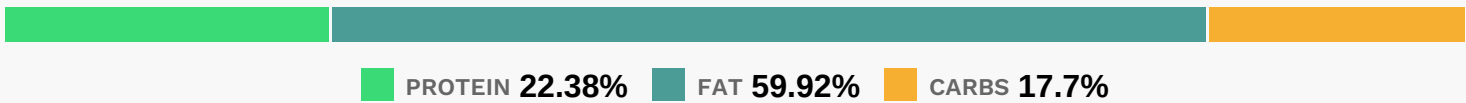
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix eggs, milk, cilantro, salt and pepper in a bowl.2 Into a hot pan that has butter you can cook the green chilies, little ones like jalapenos, onion and then add turmeric right before you add eggs.3
- ☐ Pour in egg mixture and cook until set.4
- ☐ Garnish with tomato.

Nutrition Facts



Properties

Glycemic Index:111, Glycemic Load:1.11, Inflammation Score:-9, Nutrition Score:12.466521750326%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 217.38kcal (10.87%), Fat: 14.46g (22.24%), Saturated Fat: 6.53g (40.79%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 6.27g (2.28%), Sugar: 5.2g (5.78%), Cholesterol: 343.31mg (114.44%), Sodium: 692.19mg (30.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.3%), Selenium: 27.33µg (39.04%), Vitamin B2: 0.43mg (25.41%), Vitamin A: 1189.74IU (23.79%), Vitamin C: 17.75mg (21.52%), Phosphorus: 203.77mg (20.38%), Vitamin B5: 1.46mg (14.63%), Vitamin B12: 0.84µg (13.93%), Folate: 53.91µg (13.48%), Fiber: 3.34g (13.37%), Vitamin D: 1.84µg (12.28%), Vitamin B6: 0.23mg (11.36%), Iron: 1.87mg (10.4%), Vitamin E: 1.44mg (9.6%), Potassium: 312.76mg (8.94%), Zinc: 1.32mg (8.79%), Manganese: 0.17mg (8.37%), Calcium: 71.66mg (7.17%), Vitamin K: 6.76µg (6.44%), Copper: 0.11mg (5.55%), Magnesium: 20.83mg (5.21%), Vitamin B1: 0.07mg (4.68%), Vitamin B3: 0.48mg

(2.39%)