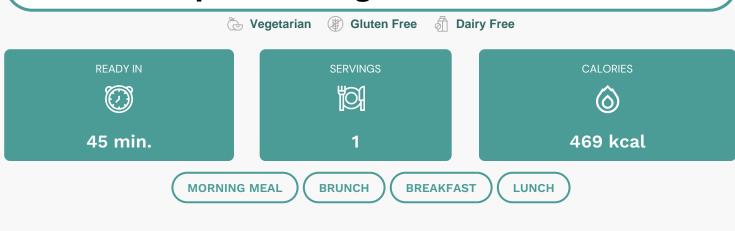


Japanese Vegetable Omelet



Ingredients

0.5 cup cabbage shredded finely
1 large eggs
2 large egg whites
O.3 cup onion thinly sliced
O.1 teaspoon pepper
0.5 cup precooked rice dried white
0.1 teaspoon salt

Equipment

	bowl
	frying pan
	oven
	plastic wrap
	microwave
	spatula
Di	rections
	In a 2- to 3-cup microwave-safe bowl, mix rice and 1/2 cup water. Cover with plastic wrap and cook in a microwave oven on full power (100%) until water is absorbed, 4 to 5 minutes.
	Let stand.
	Meanwhile, beat egg, egg whites, and 1 tablespoon water.
	Add 1/8 teaspoon salt to eggs; blend.
	In a 6- to 8-inch nonstick frying pan, stir cabbage and onion over high heat until onion begins to brown, about 3 minutes.
	Sprinkle with pepper to taste.
	Reduce heat to medium.
	Pour egg mixture over cooked vegetables. As eggs set, use a wide spatula to lift cooked portion and let liquid flow underneath.
	When golden on bottom and still moist on top, in about 2 minutes, loosen eggs from pan with spatula, then slide spatula under omelet on one side and flip about 1/3 of it over the center. Tilt pan to slide unfolded edge of omelet onto a plate, then tip pan to roll remainder of omelet onto that edge.
	Sprinkle with slivered nori.
	Add salt and pepper to taste.
	Serve with hot cooked rice.
	Notes: You can use 1/2 cup purchased egg substitute for the egg and skip step Nori is dried seaweed; furikake is a seasoning blend of dried fish flakes, sesame seed, and nori. Both are sold in Japanese food stores and well-stocked supermarkets.

Nutrition Facts

Properties

Glycemic Index:164.19, Glycemic Load:45.88, Inflammation Score:-5, Nutrition Score:17.193913024405%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 468.82kcal (23.44%), Fat: 5.56g (8.56%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 80.72g (26.91%), Net Carbohydrates: 77.9g (28.33%), Sugar: 3.58g (3.98%), Cholesterol: 186mg (62%), Sodium: 483.82mg (21.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21g (42.01%), Selenium: 42.84µg (61.19%), Manganese: 1.17mg (58.39%), Vitamin B2: 0.59mg (34.64%), Vitamin K: 27.41µg (26.11%), Phosphorus: 236.37mg (23.64%), Vitamin B5: 1.96mg (19.57%), Vitamin C: 15.77mg (19.12%), Vitamin B6: 0.33mg (16.61%), Folate: 56.23µg (14.06%), Copper: 0.28mg (14.02%), Zinc: 1.81mg (12.05%), Potassium: 404.24mg (11.55%), Fiber: 2.82g (11.28%), Magnesium: 45.02mg (11.25%), Iron: 1.94mg (10.79%), Vitamin B3: 1.72mg (8.59%), Vitamin B1: 0.13mg (8.49%), Vitamin B12: 0.5µg (8.41%), Calcium: 83.01mg (8.3%), Vitamin D: 1µg (6.67%), Vitamin A: 306.47IU (6.13%), Vitamin E: 0.69mg (4.6%)