



Japanese Vegetable Omelet



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



469 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup cabbage shredded finely
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 0.3 cup onion thinly sliced
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup precooked rice dried white
- ☐ 0.1 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ microwave
- ☐ spatula

Directions

- ☐ 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



 PROTEIN **18.39%**  FAT **10.95%**  CARBS **70.66%**

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: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

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%)