



Mediterranean Supper Omelet with Fennel, Olives, and Dill



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 8 cherry tomatoes
- ☐ 5 large eggs with 1/4 teaspoon salt and 1/4 teaspoon ground black pepper beaten to blend
- ☐ 2 cups fennel bulb fresh thinly sliced chopped
- ☐ 1.5 tablespoons optional: dill fresh chopped
- ☐ 2 ounce goat cheese provencal (sweet with thyme, basil, and red pepper) crumbled
- ☐ 0.3 cup brine-cured olives green pitted chopped
- ☐ 2 tablespoons olive oil divided

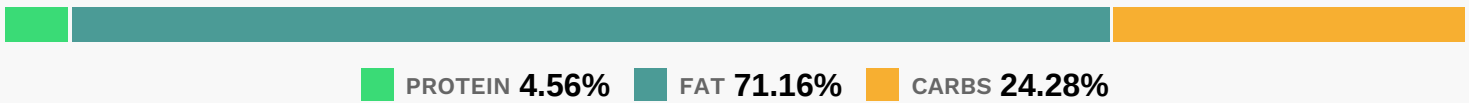
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Heat 1 tablespoon oil in 10-inch nonstick skillet over medium-high heat.
- ☐ Add fennel bulb; sauté until beginning to brown, about 5 minutes. Cover and cook until softened, stirring occasionally, about 4 minutes.
- ☐ Add tomatoes and mash with fork; mix in olives. Season with salt and pepper.
- ☐ Transfer mixture to medium bowl.
- ☐ Add remaining 1 tablespoon oil to same skillet; heat over medium-high heat.
- ☐ Add beaten eggs and cook until eggs are just set in center, tilting skillet and lifting edges of omelet with spatula to let uncooked portion flow underneath, about 3 minutes.
- ☐ Sprinkle half of cheese over half of omelet, then top with fennel mixture.
- ☐ Sprinkle dill over, then remaining cheese. Using spatula, fold uncovered half of omelet over cheese; slide onto plate.
- ☐ Garnish with chopped fennel fronds and serve.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:2.31, Inflammation Score:-8, Nutrition Score:15.194782568061%

Flavonoids

Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 201.21kcal (10.06%), Fat: 17g (26.15%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 8.09g (2.94%), Sugar: 6.41g (7.12%), Cholesterol: 0mg (0%), Sodium: 318.07mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin C: 62.49mg (75.74%), Vitamin K: 70.69µg (67.32%), Manganese: 0.59mg (29.6%), Vitamin A: 1439.87IU (28.8%), Vitamin E: 4.02mg (26.79%), Fiber: 4.96g (19.86%), Potassium: 610.9mg (17.45%), Folate: 46.75µg (11.69%), Vitamin B6: 0.19mg (9.51%), Iron: 1.64mg (9.13%), Copper: 0.17mg (8.36%), Magnesium: 30.61mg (7.65%), Phosphorus: 74.73mg (7.47%), Calcium: 72.71mg (7.27%), Vitamin B3: 1.27mg (6.35%), Vitamin B2: 0.07mg (4.32%), Vitamin B5: 0.42mg (4.19%), Vitamin B1: 0.05mg (3.66%), Zinc: 0.38mg (2.53%), Selenium: 1.25µg (1.79%)