



Mexican Omelet

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



512 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 8-inch flour tortilla coarsely chopped (es)
- 2 tablespoons butter
- 8 large eggs
- 1 tablespoon water
- 0.3 teaspoon salt
- 1 cup monterrey jack cheese shredded divided
- 1 large avocado ripe chopped
- 0.8 cup cream sour divided

- 3 tablespoons chiles fresh green canned chopped
- 1 tablespoon juice of lemon
- 1 medium tomatoes chopped

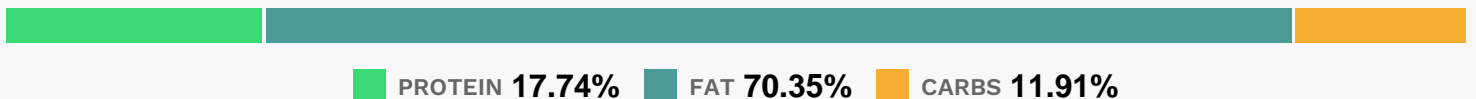
Equipment

- bowl
- frying pan

Directions

- In an 8-in. skillet, saute tortilla in butter until softened, about 2 minutes. Meanwhile, beat eggs, water and salt in a bowl.
- Pour over tortilla in skillet; cook over medium heat. As eggs set, lift edges, letting uncooked portions flow underneath. When eggs are set, remove from the heat.
- Sprinkle with 3/4 cup cheese.
- Combine avocado, 1/2 cup sour cream, chiles and lemon juice; spread over half of the omelet. Fold omelet in half and transfer to a warm platter. Top with tomato and remaining cheese and sour cream.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:2.73, Inflammation Score:-7, Nutrition Score:21.273913010307%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 512.09kcal (25.6%), Fat: 40.62g (62.49%), Saturated Fat: 17.94g (112.1%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 11.09g (4.03%), Sugar: 3.69g (4.1%), Cholesterol: 437.64mg (145.88%), Sodium: 659mg (28.65%), Alcohol: Og (100%), Protein: 23.05g (46.1%), Selenium: 39.54µg (56.49%), Vitamin B2: 0.75mg (44.3%), Phosphorus: 419.2mg (41.92%), Calcium: 344.18mg (34.42%), Vitamin A: 1544.75IU (30.9%), Folate: 119.01µg (29.75%), Vitamin B5: 2.51mg (25.06%), Vitamin B12: 1.23µg (20.45%), Vitamin B6: 0.39mg (19.33%), Zinc: 2.74mg (18.27%), Vitamin C: 14.92mg (18.09%), Vitamin E: 2.66mg (17.74%), Fiber: 4.38g (17.54%), Iron: 2.96mg (16.45%), Potassium: 565.6mg (16.16%), Vitamin K: 16.04µg (15.28%), Vitamin D: 2.17µg (14.46%), Magnesium: 45.56mg (11.39%), Vitamin B1: 0.16mg (10.96%), Copper: 0.22mg (10.85%), Manganese: 0.21mg (10.3%), Vitamin B3: 1.84mg (9.19%)