



## Mexican Souffleed Omelets

READY IN



45 min.

SERVINGS



4

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.3 cup chiles green canned chopped
- 0.3 teaspoon cream of tartar
- 6 egg whites
- 4 egg yolks
- 2 tablespoons flour all-purpose
- 2 tablespoons green onions sliced
- 2 ounces less-fat cheddar cheese shredded 40%
- 2 teaspoons butter divided reduced-calorie
- 0.5 cup nonfat cream alternative sour

- 2 tablespoons olives ripe sliced
- 1 tablespoon parmesan cheese grated
- 0.3 teaspoon pepper freshly ground
- 0.3 teaspoon salt
- 0.3 cup tomatoes peeled seeded chopped

## Equipment

- bowl
- frying pan
- oven
- hand mixer
- spatula

## Directions

- Beat egg whites and cream of tartar at high speed of an electric mixer until stiff peaks form.
- Combine egg yolks and flour in a large bowl; beat until thick and pale. Fold one-third of beaten egg white into egg yolk mixture; fold in remaining egg white. Fold in Cheddar cheese and next 3 ingredients.
- Coat a 10-inch ovenproof skillet with cooking spray; add 1 teaspoon margarine.
- Place over medium heat until margarine melts.
- Pour half of egg mixture into skillet, smoothing top. Cook 3 to 4 minutes or until browned on bottom.
- Transfer skillet to oven; bake at 350 for 10 minutes or until puffed and golden.
- Cut a 1/4-inch-deep slit down center of omelet, and top with half each of tomato, chiles, olives, green onions, and sour cream. Loosen omelet with spatula, and carefully fold in half. Slide omelet onto a serving platter, and cut in half. Repeat procedure with remaining 1 teaspoon margarine, egg mixture, and toppings.

## Nutrition Facts

 **PROTEIN 30.19%**  **FAT 42.31%**  **CARBS 27.5%**

## Properties

Glycemic Index:44.25, Glycemic Load:2.23, Inflammation Score:-5, Nutrition Score:9.7156521237415%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 171.56kcal (8.58%), Fat: 8.02g (12.34%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 11.13g (4.05%), Sugar: 2.29g (2.55%), Cholesterol: 199.63mg (66.54%), Sodium: 629.29mg (27.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.88g (25.76%), Selenium: 25.32µg (36.17%), Vitamin B2: 0.43mg (25.58%), Phosphorus: 254.16mg (25.42%), Calcium: 181.29mg (18.13%), Vitamin A: 775.89IU (15.52%), Folate: 50.18µg (12.55%), Vitamin B12: 0.66µg (10.93%), Zinc: 1.18mg (7.84%), Vitamin K: 7.75µg (7.38%), Potassium: 252.72mg (7.22%), Vitamin B5: 0.67mg (6.67%), Vitamin D: 0.98µg (6.52%), Vitamin B1: 0.09mg (6.03%), Vitamin C: 4.82mg (5.84%), Vitamin E: 0.81mg (5.4%), Iron: 0.97mg (5.4%), Vitamin B6: 0.11mg (5.4%), Magnesium: 17.8mg (4.45%), Manganese: 0.07mg (3.68%), Copper: 0.05mg (2.62%), Fiber: 0.6g (2.41%), Vitamin B3: 0.46mg (2.3%)