



## Omelet Poupon

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



329 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 2 tsp grey poupon dijon mustard
- 2 eggs
- 1 tsp butter
- 0.3 cup monterrey jack cheese shredded kraft
- 0.5 cup vegetables fresh such as broccoli and carrots assorted cooked chopped

## Equipment

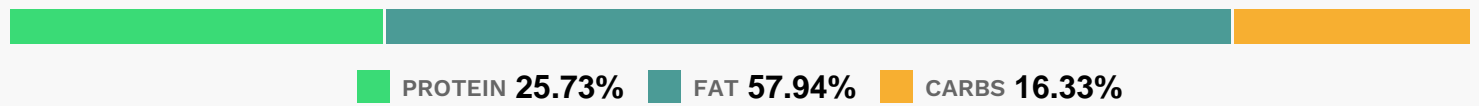
- frying pan
- whisk

spatula

## Directions

- Beat eggs and mustard with wire whisk until well blended; set aside.
- Melt margarine in 8-inch skillet on medium heat.
- Add egg mixture and cheese. As egg mixture sets, lift slightly with spatula to allow uncooked portion to flow underneath. When egg mixture is set but top is still moist, add vegetables to half of omelet. Slip spatula underneath, tip skillet to loosen and gently fold omelet in half. Slide onto serving plate.

## Nutrition Facts



## Properties

Glycemic Index:104, Glycemic Load:3.96, Inflammation Score:-10, Nutrition Score:19.934347831685%

## Nutrients (% of daily need)

Calories: 329.35kcal (16.47%), Fat: 21.52g (33.11%), Saturated Fat: 9.05g (56.56%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 9.58g (3.48%), Sugar: 0.61g (0.68%), Cholesterol: 352.5mg (117.5%), Sodium: 491.55mg (21.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.51g (43.01%), Vitamin A: 5488.64IU (109.77%), Selenium: 34.88µg (49.82%), Phosphorus: 365.24mg (36.52%), Vitamin B2: 0.6mg (35.18%), Calcium: 290.48mg (29.05%), Folate: 73.58µg (18.4%), Vitamin B12: 1.02µg (17.04%), Zinc: 2.46mg (16.37%), Fiber: 4.07g (16.28%), Vitamin B5: 1.59mg (15.91%), Iron: 2.77mg (15.37%), Manganese: 0.29mg (14.57%), Vitamin B6: 0.27mg (13.33%), Vitamin D: 1.93µg (12.86%), Vitamin C: 9.51mg (11.53%), Vitamin B1: 0.17mg (11.32%), Magnesium: 44.97mg (11.24%), Potassium: 354.22mg (10.12%), Copper: 0.16mg (8.22%), Vitamin E: 1.18mg (7.85%), Vitamin B3: 1.29mg (6.44%), Vitamin K: 1.12µg (1.07%)