



Omelet with Summer Vegetables



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



319 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.7 cup whole-kernel corn frozen thawed
- ☐ 1 large eggs
- ☐ 3 large egg whites
- ☐ 2 tablespoons gouda cheese smoked shredded
- ☐ 3 tablespoons green onions chopped
- ☐ 0.3 teaspoon salt divided
- ☐ 2 tablespoons water

☐ 0.5 cup zucchini chopped

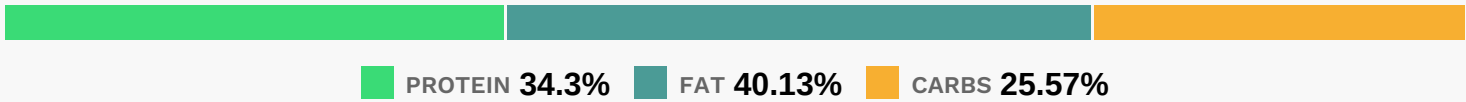
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Heat a small saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add corn, zucchini, onions, and 1/8 teaspoon salt to pan; saut 4 minutes or until vegetables are crisp-tender.
- ☐ Remove from heat.
- ☐ Heat a 10-inch nonstick skillet over medium-high heat.
- ☐ Combine 1/8 teaspoon salt, water, pepper, egg whites, and egg, stirring well with a whisk. Coat pan with cooking spray.
- ☐ Pour egg mixture into pan; cook until edges begin to set (about 2 minutes). Gently lift the edges of omelet with a spatula, tilting pan to allow uncooked egg mixture to come in contact with pan. Spoon corn mixture onto half of omelet; sprinkle corn mixture with cheese. Loosen omelet with a spatula, and fold in half over corn mixture. Cook 2 minutes or until the cheese melts. Carefully slide omelet onto a plate.

Nutrition Facts



Properties

Glycemic Index:106, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:19.511304295581%

Flavonoids

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 319.07kcal (15.95%), Fat: 14.61g (22.48%), Saturated Fat: 7.1g (44.39%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 17.54g (6.38%), Sugar: 8.37g (9.3%), Cholesterol: 219.71mg (73.24%), Sodium: 1292.49mg (56.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.09g (56.18%), Selenium: 40.35µg (57.65%), Vitamin B2: 0.93mg (54.87%), Vitamin K: 41.57µg (39.59%), Phosphorus: 356.63mg (35.66%), Calcium: 271.58mg (27.16%), Folate: 100.61µg (25.15%), Vitamin C: 16.23mg (19.67%), Potassium: 628.74mg (17.96%), Manganese: 0.36mg (17.83%), Vitamin B12: 0.99µg (16.49%), Zinc: 2.46mg (16.38%), Vitamin B5: 1.59mg (15.9%), Vitamin A: 791.89IU (15.84%), Magnesium: 55.61mg (13.9%), Fiber: 3.4g (13.6%), Vitamin B6: 0.27mg (13.38%), Iron: 1.87mg (10.39%), Copper: 0.17mg (8.26%), Vitamin B3: 1.63mg (8.17%), Vitamin D: 1.15µg (7.65%), Vitamin B1: 0.11mg (7.44%), Vitamin E: 0.87mg (5.82%)