



## Omelet with Turmeric, Tomato, and Onions

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.3 teaspoon brown mustard seeds
- 4 large eggs
- 2 spring onion finely chopped
- 0.4 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 Dash pepper black
- 0.3 cup plum tomatoes diced
- 0.1 teaspoon turmeric

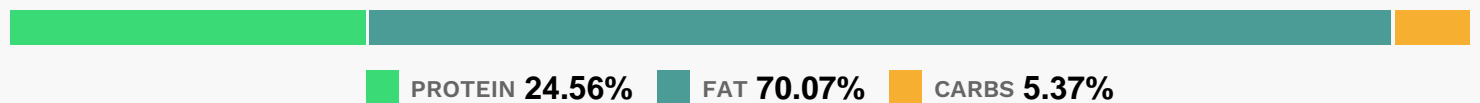
## Equipment

- frying pan
- whisk
- spatula

## Directions

- Whisk together eggs and salt.
- Heat oil in a large cast-iron skillet over medium-high heat.
- Add mustard seeds and turmeric; cook 30 seconds or until seeds pop, stirring frequently.
- Add onions; cook 30 seconds or until soft, stirring frequently.
- Add tomato; cook 1 minute or until very soft, stirring frequently.
- Pour egg mixture into pan; spread evenly. Cook until edges begin to set (about 2 minutes). Slide front edge of spatula between edge of omelet and pan. Gently lift edge of omelet, tilting pan to allow some uncooked egg mixture to come in contact with pan. Repeat procedure on the opposite edge. Continue cooking until center is just set (about 2 minutes). Loosen omelet with a spatula, and fold in half. Carefully slide omelet onto a platter.
- Cut omelet in half, and sprinkle with black pepper.
- Nutrition Note: This runs a little high in dietary cholesterol but is well within our fat and calorie guidelines.

## Nutrition Facts



## Properties

Glycemic Index:53.5, Glycemic Load:0.49, Inflammation Score:-8, Nutrition Score:12.637391219968%

## Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg,

Quercetin: 1.45mg

## Nutrients (% of daily need)

Calories: 214.67kcal (10.73%), Fat: 16.61g (25.55%), Saturated Fat: 4.11g (25.71%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.16g (0.79%), Sugar: 1.43g (1.59%), Cholesterol: 372mg (124%), Sodium: 581.63mg (25.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.2%), Selenium: 30.81µg (44.01%), Vitamin K: 31.79µg (30.28%), Vitamin B2: 0.47mg (27.8%), Phosphorus: 210.06mg (21.01%), Vitamin A: 906.26IU (18.13%), Vitamin B5: 1.57mg (15.69%), Vitamin E: 2.29mg (15.26%), Vitamin B12: 0.89µg (14.83%), Folate: 59.19µg (14.8%), Vitamin D: 2µg (13.33%), Iron: 2.11mg (11.71%), Vitamin B6: 0.2mg (10.17%), Zinc: 1.39mg (9.3%), Vitamin C: 6.34mg (7.69%), Potassium: 245.28mg (7.01%), Calcium: 68.42mg (6.84%), Copper: 0.1mg (5.06%), Manganese: 0.1mg (4.93%), Magnesium: 18.04mg (4.51%), Vitamin B1: 0.06mg (3.86%), Fiber: 0.71g (2.83%), Vitamin B3: 0.32mg (1.61%)