



## Omelet with Zucchini and Onion

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 2 large egg whites
- 2 large eggs
- 1 teaspoon olive oil
- 3 tablespoons onion chopped
- 0.1 teaspoon oregano dried
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 1 tablespoon pre-shredded parmesan cheese fresh

1 cup zucchini finely chopped ( 1 large)

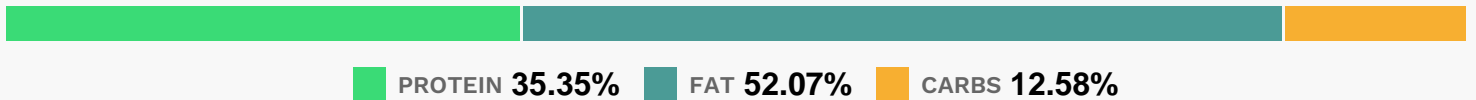
## Equipment

- bowl
- frying pan
- whisk
- spatula

## Directions

- Coat an 8-inch nonstick skillet with cooking spray.
- Add oil; place over medium heat.
- Add zucchini and onion; saut 7 minutes or until tender. Set aside, and let cool.
- Combine eggs and remaining 5 ingredients in a medium bowl, stirring with a whisk until well blended. Stir in zucchini and onion.
- Coat pan with cooking spray; return to medium heat.
- Add egg mixture; cook 4 to 5 minutes or until center is set (do not stir). Loosen omelet with spatula; fold in half. Slide omelet onto a plate.

## Nutrition Facts



## Properties

Glycemic Index:53, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:9.2265216837759%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

## Nutrients (% of daily need)

Calories: 133.32kcal (6.67%), Fat: 7.68g (11.81%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.63g (2.92%), Cholesterol: 187.7mg (62.57%), Sodium: 462.17mg (20.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.73g (23.46%), Selenium: 22.72µg (32.46%), Vitamin B2:

0.44mg (26.17%), Phosphorus: 149.59mg (14.96%), Vitamin C: 12.21mg (14.8%), Folate: 43.04µg (10.76%), Vitamin B6: 0.21mg (10.48%), Vitamin B5: 0.99mg (9.88%), Potassium: 312.13mg (8.92%), Manganese: 0.17mg (8.51%), Vitamin B12: 0.5µg (8.41%), Vitamin A: 416.64IU (8.33%), Calcium: 76.03mg (7.6%), Iron: 1.25mg (6.97%), Vitamin D: 1.01µg (6.75%), Zinc: 0.95mg (6.35%), Vitamin E: 0.92mg (6.13%), Magnesium: 23.95mg (5.99%), Vitamin K: 5.1µg (4.86%), Copper: 0.09mg (4.29%), Fiber: 0.96g (3.84%), Vitamin B1: 0.06mg (3.83%), Vitamin B3: 0.38mg (1.92%)