



Omelette for a Crowd

READY IN



15 min.

SERVINGS



3

CALORIES



444 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 3 servings bell peppers chopped
- ☐ 3 servings olives black sliced
- ☐ 3 servings bacon crumbled cooked
- ☐ 3 servings ham diced
- ☐ 6 large eggs
- ☐ 3 servings feta crumbled
- ☐ 3 servings sautéed mushrooms sliced
- ☐ 3 servings onion diced red
- ☐ 3 servings salt and pepper black freshly ground

- ☐ 3 servings sausage crumbled cooked
- ☐ 3 servings cheddar shredded
- ☐ 3 servings mozzarella cheese shredded
- ☐ 3 servings pkt spinach chopped
- ☐ 2 to 3 re-sealable plastic freezer bags
- ☐ 3 servings tomatoes diced

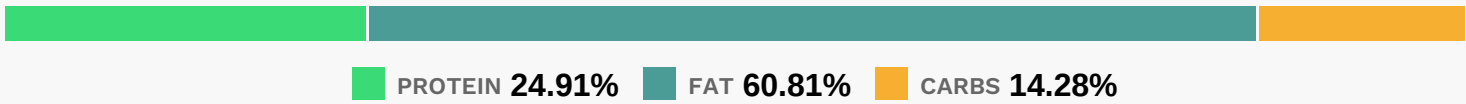
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ ziploc bags
- ☐ tongs

Directions

- ☐ In a medium mixing bowl whisk together eggs, salt, pepper and any of the desired add-ins. Divide and pour the egg mixture into re-sealable plastic bags.
- ☐ Boil a large pot of water and drop in the sealed omelette bags. Simmer the bags for 5 to 8 minutes.
- ☐ Remove bags from the water with tongs and drain them on a paper towel lined plate.
- ☐ Allow to cool slightly before handling. Open the bags and pour the cooked omelet out onto a plate.

Nutrition Facts



Properties

Glycemic Index:100.67, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:38.935652318208%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 444.12kcal (22.21%), Fat: 30.67g (47.18%), Saturated Fat: 13.76g (86.03%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 11.1g (4.04%), Sugar: 8.66g (9.62%), Cholesterol: 432.17mg (144.06%), Sodium: 1083.66mg (47.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.27g (56.54%), Vitamin K: 164.81µg (156.96%), Vitamin C: 128.55mg (155.82%), Vitamin A: 7698.97IU (153.98%), Selenium: 44.52µg (63.6%), Vitamin B2: 1.01mg (59.21%), Phosphorus: 520.77mg (52.08%), Calcium: 485.16mg (48.52%), Folate: 183.43µg (45.86%), Vitamin B6: 0.75mg (37.47%), Vitamin E: 4.85mg (32.36%), Manganese: 0.61mg (30.6%), Vitamin B12: 1.75µg (29.11%), Potassium: 948.5mg (27.1%), Zinc: 3.97mg (26.49%), Vitamin B5: 2.39mg (23.93%), Iron: 3.75mg (20.83%), Fiber: 5.1g (20.39%), Magnesium: 81.14mg (20.29%), Vitamin B1: 0.23mg (15.58%), Vitamin D: 2.32µg (15.46%), Copper: 0.28mg (13.95%), Vitamin B3: 2.54mg (12.69%)