



## Open-Face Feta Omelet

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



12 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 2 boca veggie breakfast links frozen chopped
- 0.3 cup cholesterol-free egg product
- 1 dash pepper black freshly ground
- 1 Tbsp athenos reduced fat feta cheese crumbled
- 0.5 cup torn spinach leaves fresh
- 1 Tbsp tomatoes finely chopped

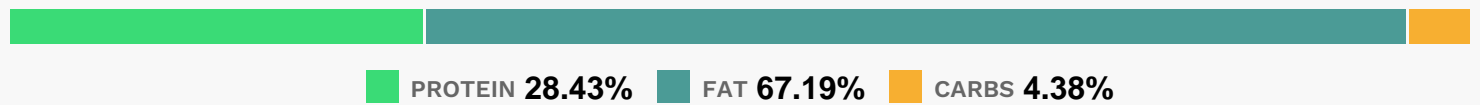
### Equipment

- frying pan

## Directions

- Cook link pieces in nonstick skillet on medium heat 5 min., stirring occasionally and adding spinach for the last minute.
- Stir in egg product; cover. Cook 3 to 5 min. or until egg product is set.
- Sprinkle with cheese.
- Remove from heat; let stand, covered, 2 min. or until cheese is melted. Top with tomatoes and pepper.

## Nutrition Facts



## Properties

Glycemic Index:6.5, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.73391304262306%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 12.35kcal (0.62%), Fat: 0.92g (1.41%), Saturated Fat: 0.33g (2.03%), Carbohydrates: 0.13g (0.04%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.06g (0.07%), Cholesterol: 13.14mg (4.38%), Sodium: 24.36mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin K: 3.71µg (3.53%), Vitamin A: 94.41IU (1.89%), Selenium: 0.94µg (1.34%), Vitamin B2: 0.02mg (1.05%)