



Open-Faced Pastrami Omelet on Pumpernickel

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 4 large bibb lettuce leaves
- ☐ 0.4 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon cider vinegar
- ☐ 6 large eggs lightly beaten
- ☐ 1.5 cups cucumber english peeled thinly sliced
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 3 green onions thinly sliced
- ☐ 0.5 teaspoon horseradish prepared

- ☐ 2 teaspoons olive oil
- ☐ 3 ounces pastrami chopped
- ☐ 4 ounce pumpernickel bread toasted
- ☐ 0.3 teaspoon salt divided
- ☐ 1 tablespoon whole-grain dijon mustard

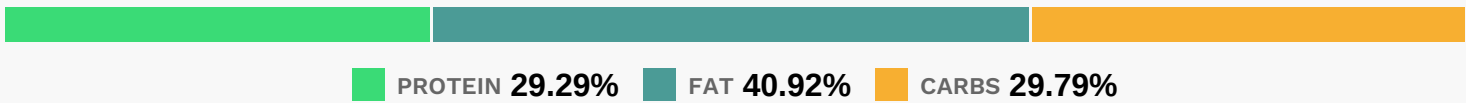
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine cucumber, mustard, vinegar, horseradish, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a bowl.
- ☐ Let stand 10 minutes, tossing occasionally.
- ☐ Combine remaining 1/8 teaspoon salt, remaining 1/4 teaspoon pepper, dill, eggs, pastrami, and onions in a bowl, stirring with a whisk.
- ☐ Heat a medium nonstick skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add egg mixture to pan; cook 2 minutes. Cover, reduce heat to low, and cook 8 minutes or until set.
- ☐ Cut into 4 wedges.
- ☐ Place 1 lettuce leaf on each bread slice; top with 1 omelet piece and 1/4 cup cucumber mixture.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:6.94, Inflammation Score:-7, Nutrition Score:17.059130544248%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 230.61kcal (11.53%), Fat: 10.49g (16.14%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 14.51g (5.28%), Sugar: 1.55g (1.72%), Cholesterol: 288.99mg (96.33%), Sodium: 682.79mg (29.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.8%), Selenium: 33.75µg (48.21%), Vitamin K: 42.4µg (40.38%), Vitamin B2: 0.5mg (29.31%), Manganese: 0.52mg (25.92%), Phosphorus: 253.47mg (25.35%), Vitamin A: 1051.62IU (21.03%), Folate: 83.49µg (20.87%), Iron: 3.26mg (18.11%), Vitamin B12: 1.04µg (17.36%), Zinc: 2.47mg (16.47%), Vitamin B5: 1.47mg (14.74%), Vitamin C: 11.04mg (13.38%), Vitamin B6: 0.24mg (11.94%), Vitamin B1: 0.17mg (11.63%), Vitamin B3: 2.18mg (10.88%), Fiber: 2.67g (10.68%), Vitamin D: 1.5µg (10%), Magnesium: 39.55mg (9.89%), Potassium: 342.73mg (9.79%), Copper: 0.18mg (9.22%), Vitamin E: 1.3mg (8.65%), Calcium: 85.49mg (8.55%)