



Pesto Caprese Omelette



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



303 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 2 eggs lightly beaten
- ☐ 0.3 cup mozzarella cheese fresh
- ☐ 1 tablespoon milk
- ☐ 1 tablespoon pesto
- ☐ 1 serving salt and pepper to taste
- ☐ 1 tomatoes diced ripe

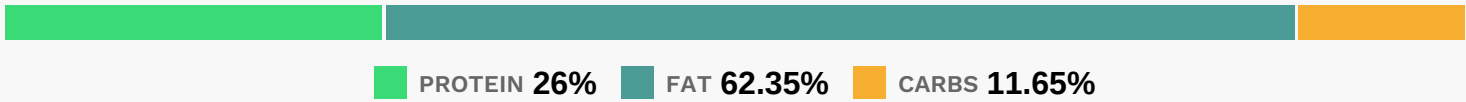
Equipment

☐ frying pan

Directions

- ☐ Toss the tomato in the balsamic vinegar and season with salt and pepper.
- ☐ Mix the milk and pesto into the eggs and season with salt and pepper.
- ☐ Heat a pan over medium heat, pour the egg mixture into the pan and swirl it to coat.
- ☐ Sprinkle the mozzarella onto half on the omelette and let cook until the eggs have just about set.
- ☐ Sprinkle the tomato and pesto onto half on the omelette fold the omelette over and enjoy!

Nutrition Facts



Properties

Glycemic Index:153, Glycemic Load:2.11, Inflammation Score:-8, Nutrition Score:16.508695685345%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 303.43kcal (15.17%), Fat: 20.9g (32.16%), Saturated Fat: 7.71g (48.19%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 7.07g (2.57%), Sugar: 5.8g (6.44%), Cholesterol: 352.48mg (117.49%), Sodium: 647.56mg (28.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.61g (39.23%), Selenium: 32.06µg (45.8%), Vitamin A: 2015.77IU (40.32%), Phosphorus: 318.98mg (31.9%), Vitamin B2: 0.53mg (30.91%), Vitamin B12: 1.5µg (25.04%), Calcium: 247.05mg (24.7%), Vitamin C: 16.85mg (20.43%), Vitamin B5: 1.55mg (15.54%), Folate: 61.77µg (15.44%), Zinc: 2.23mg (14.85%), Vitamin D: 2.04µg (13.58%), Vitamin B6: 0.27mg (13.38%), Potassium: 462.37mg (13.21%), Iron: 2.12mg (11.78%), Vitamin E: 1.65mg (10.99%), Vitamin K: 10.67µg (10.16%), Manganese: 0.18mg (9.05%), Magnesium: 32.1mg (8.02%), Copper: 0.14mg (7.03%), Fiber: 1.72g (6.86%), Vitamin B1: 0.1mg (6.5%), Vitamin B3: 0.84mg (4.21%)