



Pizza omelette



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



256 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 8 eggs beaten
- ☐ 1 tsp oregano
- ☐ 1 tbsp olive oil
- ☐ 4 tbsp tomato passata sauce (from a jar)
- ☐ 1 handful stoned olives black
- ☐ 85 g vegetarian cheddar grated

Equipment

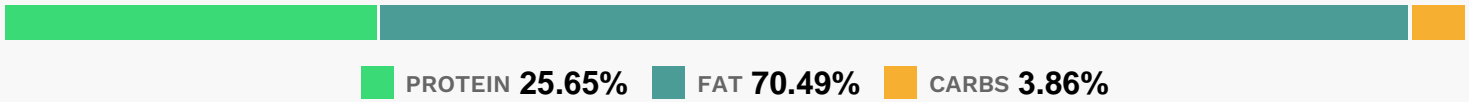
- ☐ frying pan

☐ grill

Directions

- ☐ Heat grill to high. Beat the eggs with the oregano and some salt and pepper.
- ☐ Heat the oil in a large ovenproof frying pan, then tip in the eggs. Cook over a low-ish heat for 4 mins, stirring occasionally until the eggs are practically set.
- ☐ Place under the grill until set and puffed up.
- ☐ Spread the sauce over, scatter with cheese and olives, then grill again until cheese is melted.
- ☐ Cut into wedges and serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:12.063478169234%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 255.52kcal (12.78%), Fat: 19.92g (30.65%), Saturated Fat: 7.43g (46.45%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.98g (1.08%), Cholesterol: 348.61mg (116.2%), Sodium: 413.22mg (17.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.62%), Selenium: 33.19µg (47.41%), Vitamin B2: 0.51mg (29.9%), Phosphorus: 276.48mg (27.65%), Calcium: 211.44mg (21.14%), Vitamin B12: 1.01µg (16.81%), Vitamin A: 780.38IU (15.61%), Vitamin B5: 1.49mg (14.88%), Vitamin E: 2.08mg (13.84%), Zinc: 1.96mg (13.08%), Vitamin D: 1.89µg (12.58%), Folate: 48.39µg (12.1%), Iron: 1.93mg (10.71%), Vitamin B6: 0.19mg (9.26%), Vitamin K: 6.17µg (5.87%), Potassium: 190.16mg (5.43%), Magnesium: 20.31mg (5.08%), Copper: 0.1mg (4.82%), Manganese: 0.07mg (3.26%), Vitamin B1: 0.05mg (3.12%), Fiber: 0.58g (2.33%), Vitamin B3: 0.26mg (1.29%), Vitamin C: 1.06mg (1.29%)