



Potato-Cheddar Omelets



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



124 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups egg substitute
- ☐ 0.3 cup milk fat-free
- ☐ 0.3 cup green onions sliced (1 onion)
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 0.5 teaspoon oregano fresh minced
- ☐ 1 cup round potato shredded red unpeeled ()
- ☐ 0.5 cup bell pepper red chopped

- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup zucchini chopped

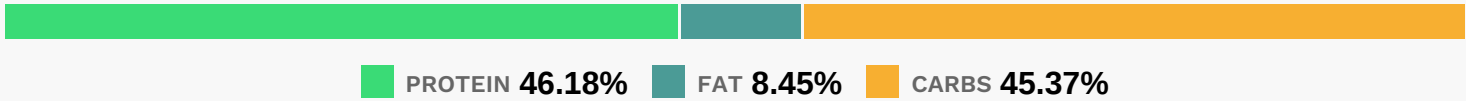
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ spatula

Directions

- ☐ Coat a 10-inch nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add potato and next 3 ingredients; saut 7 minutes or until tender.
- ☐ Remove from pan; set aside. Wipe pan with a paper towel.
- ☐ Combine egg substitute and next 4 ingredients, stirring well.
- ☐ Coat pan with cooking spray; place over medium-high heat until hot.
- ☐ Pour half of egg mixture into pan. As mixture begins to cook, lift edges with a spatula, and tilt pan to allow uncooked portion to flow underneath. When set, spoon half of vegetables over half of omelet.
- ☐ Sprinkle vegetables with half of cheese. Loosen with spatula; fold in half. Cook 1 to 2 minutes or until cheese begins to melt. Slide onto a plate, cut in half, and keep warm. Repeat with remaining ingredients.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:7.36, Inflammation Score:-8, Nutrition Score:15.994347841843%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 123.81kcal (6.19%), Fat: 1.18g (1.82%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 12.31g (4.47%), Sugar: 4.38g (4.87%), Cholesterol: 3.44mg (1.15%), Sodium: 351.02mg (15.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.12%), Selenium: 39.79µg (56.85%), Vitamin C: 38.59mg (46.77%), Vitamin B2: 0.45mg (26.62%), Phosphorus: 193.33mg (19.33%), Vitamin A: 945.53IU (18.91%), Vitamin B6: 0.38mg (18.8%), Vitamin B5: 1.83mg (18.29%), Vitamin K: 17.54µg (16.7%), Calcium: 163.91mg (16.39%), Potassium: 549.48mg (15.7%), Iron: 2.59mg (14.37%), Vitamin E: 1.84mg (12.26%), Vitamin B1: 0.18mg (12.09%), Vitamin D: 1.62µg (10.82%), Folate: 41.57µg (10.39%), Zinc: 1.49mg (9.93%), Magnesium: 36.85mg (9.21%), Manganese: 0.17mg (8.7%), Fiber: 2g (8.01%), Vitamin B12: 0.46µg (7.74%), Vitamin B3: 1mg (5.01%), Copper: 0.1mg (4.98%)