



Pumpkin, halloumi & chilli omelette

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



363 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tbsp canola oil
- ☐ 175 g halloumi cheese sliced
- ☐ 500 g butternut squash diced
- ☐ 2 pepper flakes red seeded finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 2 tsp balsamic vinegar
- ☐ 1 small bunch mint leaves roughly chopped
- ☐ 6 eggs beaten

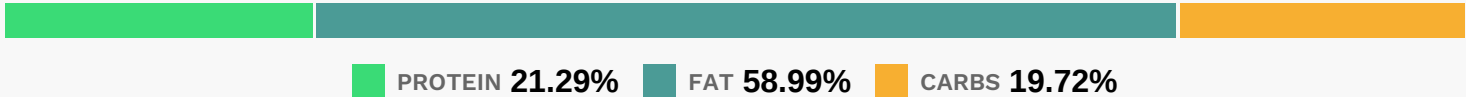
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat half the oil in a large frying pan. Cook the halloumi for 1-2 mins on each side until golden, remove from the pan and set aside.
- ☐ Add the remaining oil to the pan, then cook the squash for about 10 mins, until soft and starting to colour.
- ☐ Add the chilli and garlic and cook for a further 2 mins.
- ☐ Pour over the vinegar, then put the halloumi back into the pan, scatter over the mint and pour on the eggs. Cook for 5 mins until the base is set.
- ☐ Heat the grill to high. Flash the omelette under the grill for 5 mins until puffed up and golden.
- ☐ Serve immediately or allow to cool and serve cold with a salad if you like.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:22.349565174269%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 363.47kcal (18.17%), Fat: 24.28g (37.35%), Saturated Fat: 10.06g (62.86%), Carbohydrates: 18.27g (6.09%), Net Carbohydrates: 15.29g (5.56%), Sugar: 4.81g (5.34%), Cholesterol: 245.52mg (81.84%), Sodium: 626.79mg (27.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.71g (39.42%), Vitamin A: 13900.65IU (278.01%), Vitamin C: 59.13mg (71.68%), Calcium: 542.11mg (54.21%), Selenium: 21.11µg (30.15%), Vitamin E: 3.87mg (25.83%), Vitamin B6: 0.43mg (21.46%), Vitamin B2: 0.35mg (20.56%), Phosphorus: 183.99mg (18.4%), Folate: 71.11µg (17.78%),

Potassium: 615.2mg (17.58%), Manganese: 0.34mg (17.04%), Vitamin B5: 1.56mg (15.65%), Magnesium: 56.9mg (14.23%), Iron: 2.34mg (13.02%), Fiber: 2.98g (11.91%), Vitamin B1: 0.17mg (11.33%), Vitamin B12: 0.59µg (9.79%), Vitamin B3: 1.85mg (9.26%), Vitamin K: 9.73µg (9.26%), Vitamin D: 1.32µg (8.8%), Copper: 0.17mg (8.64%), Zinc: 1.12mg (7.46%)