



Salsa Omelet with Roasted Peppers and Cheese



Vegetarian



Gluten Free

READY IN



13 min.

SERVINGS



2

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon butter
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 0.5 teaspoon cilantro leaves fresh finely chopped
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 2 tablespoons bottled roasted bell pepper red chopped

- ☐ 2 tablespoons salsa
- ☐ 0.3 teaspoon salt
- ☐ 1 ounce pre-shredded cheddar cheese reduced-fat

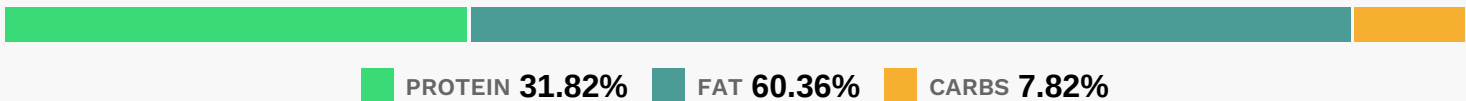
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Combine first 5 ingredients in a bowl, stirring with a whisk. Stir in roasted red pepper.
- ☐ Melt butter in an 8-inch nonstick skillet over medium heat.
- ☐ Add egg mixture, and cook 3 to 5 minutes or until set (do not stir).
- ☐ Sprinkle with cheese. Loosen omelet with spatula; fold in half. Slide omelet onto a plate.
- ☐ Top with salsa, and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:9.4343477124753%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 178.49kcal (8.92%), Fat: 11.88g (18.28%), Saturated Fat: 5.67g (35.43%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.96g (1.08%), Sugar: 1.82g (2.02%), Cholesterol: 206.3mg (68.77%), Sodium: 838.52mg (36.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.09g (28.18%), Selenium: 26.5µg (37.85%), Vitamin B2: 0.47mg (27.5%), Phosphorus: 193.21mg (19.32%), Calcium: 161.32mg (16.13%), Vitamin A: 659.97IU (13.2%), Vitamin B12: 0.72µg (12.01%), Vitamin B5: 0.98mg (9.84%), Vitamin C: 7.19mg (8.71%), Zinc: 1.3mg (8.69%), Vitamin D: 1.25µg (8.33%), Vitamin B6: 0.16mg (8.02%), Folate: 31.21µg (7.8%), Potassium: 222.87mg (6.37%), Iron: 1.13mg (6.25%),

Vitamin E: 0.89mg (5.93%), Magnesium: 19.56mg (4.89%), Copper: 0.08mg (4%), Manganese: 0.08mg (3.9%),
Vitamin B1: 0.04mg (2.9%), Fiber: 0.5g (1.99%), Vitamin B3: 0.36mg (1.8%), Vitamin K: 1.63µg (1.56%)