



HEALTH SCORE

60%

Smoked Mozzarella, Spinach, and Pepper Omelet Sandwiches



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bagged baby spinach leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 large egg whites
- ☐ 3 large eggs
- ☐ 2 tablespoons milk fat-free
- ☐ 0.8 cup prechopped onion
- ☐ 1 Dash pepper sauce hot

- ☐ 1 cup bell pepper diced red finely
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces mozzarella cheese smoked shredded
- ☐ 4 sourdough muffins split english

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula

Directions

- ☐ Preheat broiler.
- ☐ Combine first 6 ingredients in a large bowl, stirring with a whisk until combined; set aside.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add bell pepper and onion; saut 4 minutes or until tender. Reduce heat to medium.
- ☐ Pour egg mixture into pan; let egg mixture set slightly. Tilt pan; carefully lift edges of omelet with a spatula to allow uncooked portion to flow underneath cooked portion. Cook 3 minutes. Wrap handle of pan with foil; place pan under broiler. Broil 1 minute or until set and lightly browned.
- ☐ Arrange muffin halves in a single layer on a baking sheet.
- ☐ Sprinkle muffin halves evenly with cheese, and broil 1 minute or until cheese begins to brown.
- ☐ Divide omelet into 4 portions; place 1 portion on bottom half of each muffin. Top evenly with spinach leaves; top with remaining muffin halves.

Nutrition Facts



 PROTEIN **18.35%**  FAT **11.69%**  CARBS **69.96%**

Properties

Glycemic Index:65.94, Glycemic Load:182.6, Inflammation Score:-10, Nutrition Score:54.693043522213%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 1381.19kcal (69.06%), Fat: 17.98g (27.66%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 241.95g (80.65%), Net Carbohydrates: 230.41g (83.79%), Sugar: 24.83g (27.59%), Cholesterol: 150.92mg (50.31%), Sodium: 3112.04mg (135.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.48g (126.96%), Selenium: 153.84µg (219.77%), Vitamin B1: 3.28mg (218.97%), Folate: 622.62µg (155.65%), Vitamin B2: 2.43mg (143.19%), Manganese: 2.59mg (129.59%), Vitamin B3: 22.42mg (112.1%), Iron: 19.01mg (105.62%), Vitamin C: 53.08mg (64.34%), Phosphorus: 639.63mg (63.96%), Vitamin K: 60.1µg (57.24%), Vitamin A: 2536.16IU (50.72%), Fiber: 11.54g (46.15%), Magnesium: 175.22mg (43.8%), Zinc: 5.86mg (39.09%), Copper: 0.76mg (38.15%), Vitamin B6: 0.73mg (36.36%), Calcium: 362.8mg (36.28%), Potassium: 872.64mg (24.93%), Vitamin B5: 2.39mg (23.93%), Vitamin E: 2.2mg (14.64%), Vitamin B12: 0.75µg (12.42%), Vitamin D: 0.89µg (5.93%)