



Southwestern Omelet

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 cup black beans canned rinsed drained
- 1 large eggs
- 4 large egg whites
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup spring onion chopped
- 1 ounce cheddar cheese shredded reduced-fat
- 0.3 cup salsa
- 0.3 teaspoon salt

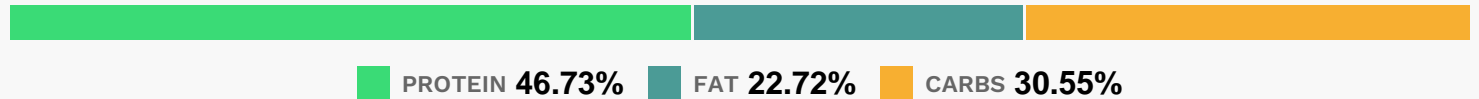
Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- Combine first 4 ingredients in a medium bowl, stirring with a whisk.
- Combine beans, onions, cheese, and salsa in a medium bowl.
- Heat a medium nonstick skillet coated with cooking spray over medium heat.
- Pour egg mixture into pan; let egg mixture set slightly. Tilt pan and carefully lift edges of omelet with a spatula; allow uncooked portion to flow underneath cooked portion. Cook 3 minutes; flip omelet. Spoon bean mixture onto half of omelet. Carefully loosen omelet with a spatula; fold in half. Cook 1 minute or until cheese melts. Slide omelet onto a plate; cut in half.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:11.095652238182%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 147.24kcal (7.36%), Fat: 3.69g (5.68%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 7.29g (2.65%), Sugar: 2.17g (2.41%), Cholesterol: 95.98mg (31.99%), Sodium: 903mg (39.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.19%), Selenium: 23.86µg (34.09%), Vitamin B2: 0.51mg (29.88%), Vitamin K: 28.64µg (27.28%), Phosphorus: 189.66mg (18.97%), Fiber: 3.89g (15.55%), Folate: 51.73µg (12.93%), Potassium: 404.37mg (11.55%), Calcium: 111.04mg (11.1%), Vitamin A: 473.68IU (9.47%), Iron: 1.7mg (9.43%), Magnesium: 35.06mg (8.77%), Manganese: 0.17mg (8.72%), Copper: 0.15mg (7.57%), Vitamin B6: 0.14mg (7.06%), Vitamin B5: 0.69mg (6.91%), Zinc: 0.95mg (6.33%), Vitamin B1: 0.09mg (6.2%), Vitamin B12: 0.35µg

(5.86%), Vitamin C: 4.24mg (5.14%), Vitamin E: 0.75mg (4.98%), Vitamin B3: 0.8mg (3.98%), Vitamin D: 0.51µg (3.43%)