



Spanish Omelets

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 large egg whites
- 4 large eggs
- 1 garlic clove minced
- 0.3 cup manzanilla olives green pitted sliced (or)
- 0.5 teaspoon olive oil divided
- 0.5 cup onion chopped
- 1 tablespoon teaspoon oregano dried fresh minced
- 2 ounces part-skim mozzarella cheese shredded

- 0.1 teaspoon pepper
- 1.5 cups potatoes sliced
- 0.5 cup bell pepper red chopped
- 0.3 teaspoon salt

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- spatula

Directions

- Place potato in a saucepan; cover with water. Bring to a boil; reduce heat, and simmer 15 minutes or until tender; drain. Cool, dice, and set aside.
- Heat a medium nonstick skillet over medium heat.
- Add onion, bell pepper, and garlic; saut 8 minutes.
- Add potato, olives, and oregano; cook 1 minute or until thoroughly heated.
- Remove from heat; stir in cheese. Set aside.
- Combine egg whites, eggs, salt, and pepper in a bowl; stir well with a whisk.
- Heat 1/4 teaspoon olive oil in a small nonstick skillet coated with cooking spray over medium-high heat.
- Add half of egg mixture to skillet. Carefully lift edges of omelet with a spatula; allow uncooked portion to flow underneath cooked portion. Cook 3 minutes; flip omelet. Spoon 1 cup potato mixture onto half of omelet. Carefully loosen with a spatula; fold in half. Cook an additional minute on each side. Slide onto a plate. Repeat procedure with 1/4 teaspoon olive oil, cooking spray, egg mixture, and potato mixture.
- Note: Substitute 2 cups egg substitute for 8 egg whites and 4 eggs, if desired.

Nutrition Facts



■ PROTEIN 32.42% ■ FAT 34.69% ■ CARBS 32.89%

Properties

Glycemic Index:52.44, Glycemic Load:10.81, Inflammation Score:-9, Nutrition Score:16.392608787702%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 236.55kcal (11.83%), Fat: 9.12g (14.03%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 16.15g (5.87%), Sugar: 3.16g (3.51%), Cholesterol: 195.07mg (65.02%), Sodium: 552mg (24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.18g (38.36%), Vitamin C: 41.1mg (49.81%), Selenium: 31.19µg (44.55%), Vitamin B2: 0.62mg (36.22%), Phosphorus: 233.49mg (23.35%), Vitamin B6: 0.43mg (21.69%), Vitamin A: 978.14IU (19.56%), Calcium: 184.9mg (18.49%), Potassium: 611.69mg (17.48%), Folate: 55.63µg (13.91%), Manganese: 0.27mg (13.65%), Fiber: 3.3g (13.22%), Vitamin B5: 1.24mg (12.39%), Iron: 2.22mg (12.33%), Magnesium: 43.47mg (10.87%), Vitamin K: 11.17µg (10.64%), Vitamin B12: 0.62µg (10.34%), Vitamin E: 1.47mg (9.83%), Zinc: 1.41mg (9.41%), Copper: 0.17mg (8.6%), Vitamin B1: 0.11mg (7.53%), Vitamin D: 1.04µg (6.95%), Vitamin B3: 1.24mg (6.21%)