



Spinach-and-Cheese Omelet

 Vegetarian  Gluten Free

READY IN



14 min.

SERVINGS



1

CALORIES



427 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 tablespoon butter
- 2 large eggs
- 0.1 teaspoon pepper
- 0.1 teaspoon salt
- 1 cup pkt spinach coarsely chopped
- 1.5 oz swiss cheese shredded
- 0.3 cup tomatoes chopped

Equipment

- frying pan
- blender
- spatula

Directions

- Blend and
- Pour. Process eggs and 2 Tbsp. water in a blender until blended. Melt butter in an 8-inch nonstick skillet over medium heat; add spinach and tomatoes, and saut 1 minute or until spinach is wilted.
- Add salt and egg mixture to skillet.
- Lift and Tilt. As egg mixture starts to cook, gently lift edges of omelet with a spatula, and tilt pan so uncooked egg mixture flows underneath, cooking until almost set (about 1 minute). Cover skillet, and cook 1 minute.
- Fold and
- Serve.
- Sprinkle omelet with cheese and pepper. Fold omelet in half, allowing cheese to melt. Slide cooked omelet onto a serving plate, and season with salt to taste.
- Serve with buttered toast and fresh fruit.

Nutrition Facts

PROTEIN 23.82% **FAT 71.96%** **CARBS 4.22%**

Properties

Glycemic Index:179, Glycemic Load:0.85, Inflammation Score:-10, Nutrition Score:27.8243477344451%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 426.97kcal (21.35%), Fat: 34.27g (52.72%), Saturated Fat: 18.1g (113.14%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.81g (2.01%), Cholesterol: 441.65mg (147.22%), Sodium: 627.61mg (27.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.52g (51.04%), Vitamin K: 151.11µg (143.91%), Vitamin A: 4471IU (89.42%), Selenium: 43.95µg (62.79%), Calcium: 473.78mg (47.38%), Phosphorus: 472.46mg (47.25%), Vitamin B2: 0.66mg (38.66%), Vitamin B12: 2.2µg (36.63%), Folate: 116.94µg (29.23%), Zinc: 3.41mg (22.72%), Manganese: 0.39mg (19.42%), Vitamin C: 15.23mg (18.47%), Vitamin B5: 1.8mg (17.98%), Vitamin E: 2.51mg (16.73%), Iron: 2.78mg (15.46%), Vitamin B6: 0.3mg (14.96%), Magnesium: 55.91mg (13.98%), Vitamin D: 2µg (13.33%), Potassium: 460.04mg (13.14%), Copper: 0.16mg (8.19%), Vitamin B1: 0.09mg (5.83%), Fiber: 1.32g (5.28%), Vitamin B3: 0.62mg (3.11%)