



Vegan Omelette for One

READY IN



20 min.

SERVINGS



1

Directions

- Pour the batter into the center of the skillet in a circular pattern about 6–8 inches across, and use a spoon or spatula to smooth over the top.
- Place your filling ingredients over the batter, and reduce the heat to medium–low. Cover and cook for about 3–5 minutes, checking often to see if it’s done. When the edges have dried out and the middle is no longer liquidy, lift a small section with a spatula and check to see that the omelette is set. It will be golden in color and browned in spots. When it’s ready, loosen the omelette by sliding the spatula under it from each direction, and then fold one side over the other. Cook for about one more minute. Carefully lift or slide it onto a plate and serve hot.

Nutrition Facts

 PROTEIN 0%  FAT 0%  CARBS 0%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)