



 4%
HEALTH SCORE

Zucchini Chicken Omelette

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



210 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 3 eggs
- 1 tablespoon water
- 150 grams zucchini grated
- 2 servings salt and pepper to taste
- 1 tablespoon cooking oil
- 80 grams chicken diced

Equipment

- bowl

frying pan

Directions

Beat eggs and water in a bowl.

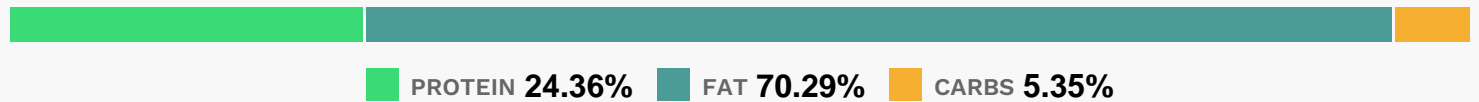
Mix in grated zucchini and season with salt and pepper.

Heat the oil in a small, non-stick skillet. When hot, add half the egg mixture and cook for 1 minute until the egg begins to set. Scatter evenly with half diced chicken.

Cook for a further 1-2 minutes, until the egg is golden underneath, and just set on top. Slide out onto a serving plate, folding it over as you go. Repeat.

Serve the omelette with your favourite salad.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:10.992608695652%

Flavonoids

Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Taste

Sweetness: 30.78%, Saltiness: 100%, Sourness: 17.5%, Bitterness: 21.27%, Savoriness: 53.05%, Fattiness: 59.74%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 210.29kcal (10.51%), Fat: 16.41g (25.24%), Saturated Fat: 3.47g (21.7%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.06g (0.75%), Sugar: 2.12g (2.35%), Cholesterol: 259.92mg (86.64%), Sodium: 307.33mg (13.36%), Protein: 12.79g (25.59%), Selenium: 23.18µg (33.11%), Vitamin B2: 0.4mg (23.24%), Phosphorus: 187.4mg (18.74%), Vitamin C: 13.73mg (16.65%), Vitamin B6: 0.3mg (15.08%), Vitamin E: 2.07mg (13.77%), Vitamin B5: 1.34mg (13.4%), Folate: 50.17µg (12.54%), Vitamin B12: 0.65µg (10.78%), Vitamin A: 533.28IU (10.67%), Potassium: 323.16mg (9.23%), Vitamin D: 1.36µg (9.06%), Zinc: 1.34mg (8.96%), Iron: 1.61mg (8.93%), Vitamin B3: 1.69mg (8.47%), Vitamin K: 8.7µg (8.29%), Manganese: 0.16mg (7.77%), Magnesium: 25.34mg (6.33%), Calcium: 51.42mg (5.14%), Copper: 0.1mg (4.89%), Vitamin B1: 0.07mg (4.78%), Fiber: 0.75g (3%)