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Cheese and Onion Omelette ♦♦

Cheese and Onion Omelette

A delicious omelette made with cheese and onions. Perfect for a quick and easy breakfast or brunch.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

2 slices	Bread
100 g	Cheese
50 g	onion
3 pieces	Egg

Directions

Step 1

Heating

Heat a non-stick pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, beat the eggs with a fork.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

Add the cheese and onions to the beaten eggs and mix well.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cooking

Pour the egg mixture into the heated pan and cook for 3-4 minutes or until the bottom is set.

Prep Time: 0 mins

Cook Time: 4 mins

Step 5

Cooking

Flip the omelette and cook for another 2-3 minutes or until the cheese is melted and the omelette is cooked through.

Prep Time: 0 mins

Cook Time: 3 mins

Step 6

Serving

Remove from heat and serve hot with bread.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Seasonality

Spring

Summer

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