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Egg White Omelet ♦♦

A healthy and protein-rich omelet made with egg whites.

Recipe Type: Standard

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

200 g	Egg whites
1 tsp	salt
1 tsp	pepper
2 tsp	olive oil
100 g	vegetables (optional)
50 g	cheese (optional)

Directions

Step 1

Mixing

In a bowl, whisk the egg whites until frothy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a non-stick pan over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stove

Pour the egg whites into the pan and cook until set, about 3-4 minutes.

Prep Time: 0 mins

Cook Time: 4 mins

Step 5

Stove

If desired, add vegetables and cheese to one half of the omelet.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Stove

Fold the other half of the omelet over the filling and cook for an additional 1-2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Serving

Serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 52 kcal

Fat: 0 g

Protein: 11 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	11 g	64.71%	64.71%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Meal Type

Breakfast Lunch Dinner Snack Supper

Course

Salads Snacks Sauces & Dressings Appetizers Main Dishes Drinks

Nutritional Content

Low Calorie Low Fat Low Carb Low Sodium High Vitamin C

Kitchen Tools

Blender Oven Stove Slow Cooker

Demographics

Kids Friendly Senior Friendly Teen Friendly

Difficulty Level

Easy

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