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## Nacho Omelet ♦

A delicious omelet with a twist, topped with nacho ingredients for a Mexican-inspired breakfast.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

4 pieces	Eggs
100 g	cheddar cheese
50 g	tortilla chips
50 g	Tomato
50 g	Green Bell Pepper
30 g	onion

10 g	Jalapeno
10 g	Cilantro
0.5 tsp	salt
0.5 tsp	pepper
1 tbsp	olive oil

## Directions

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### Step 1

Mixing

In a bowl, whisk the eggs with salt and pepper.

**Prep Time:** 3 mins

**Cook Time:** 5 mins

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### Step 2

Stove

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

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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### Step 3

Stove

Pour the whisked eggs into the skillet and cook until the edges start to set.

**Prep Time:** 1 mins

**Cook Time:** 3 mins

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## Step 4

Sprinkle the cheese, tomato, green bell pepper, onion, jalapeno, and cilantro over one half of the omelet.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 5

Stove

Fold the other half of the omelet over the filling and cook for another 2 minutes or until the cheese is melted.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 6

Transfer the omelet to a plate and crush the tortilla chips on top.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 20 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	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	400 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	25 mg	2.5%	2.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	8 mg	0.24%	0.31%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Cuisines

Mexican

Italian

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Lunch

Snack

Brunch

Supper

### Course

Salads

Snacks

### Cultural

Chinese New Year

Diwali

Halloween

## Cost

Under \$10

## Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Lactation Friendly

Heart Healthy

## Difficulty Level

Easy

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