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6" Flatbread Mega Melt Omelet Sandwich with Whole Egg ♦

This 6" Flatbread Mega Melt Omelet Sandwich with Whole Egg is a delicious and filling breakfast option. The flatbread is filled with a fluffy omelet made with whole eggs and melted cheese. It's perfect for a quick and satisfying meal to start your day.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 251 grams

Number of Servings: 1

Serving Size: 251 g

Ingredients

251 g	6" flatbread
251 g	Whole Eggs
50 g	Cheese
2 g	Salt

2 g	Pepper
10 g	butter

Directions

Step 1

Preheating

Preheat the oven to 350°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, whisk the whole eggs, salt, and pepper together.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat the butter in a frying pan over medium heat. Pour the egg mixture into the pan and cook until set, about 3-4 minutes.

Prep Time: 0 mins

Cook Time: 4 mins

Step 4

Baking

Place the flatbread on a baking sheet and top with the cooked omelet and cheese. Bake in the preheated oven for 5-7 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 7 mins

Step 5

Cutting

Remove from the oven and let cool slightly. Cut into slices and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
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	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Nutritional Content

Low Calorie

Course

Side Dishes Salads Snacks

Cultural

Chinese New Year

Cost

\$40 to \$50

Demographics

Kids Friendly Teen Friendly Lactation Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Vegetarian Diet

Difficulty Level

Easy

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