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Garden Harvest Omelet with Egg Lites [♦]

A delicious omelet made with fresh garden vegetables and Egg Lites. Perfect for a healthy breakfast or brunch.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	egg lites
100 g	Tomatoes
50 g	spinach
50 g	Mushrooms
50 g	onion

50 g	bell pepper
2 g	Salt
2 g	Pepper
10 g	Olive oil

Directions

Step 1

Stove

Heat olive oil in a pan.

Prep Time: 2 mins

Cook Time: 2 mins

Step 2

Stove

Add onions and bell peppers to the pan and cook until softened.

Prep Time: 3 mins

Cook Time: 5 mins

Step 3

Stove

Add mushrooms, tomatoes, and spinach to the pan and cook for another 2 minutes.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

In a separate bowl, whisk Egg Lites with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Stove

Pour the Egg Lites mixture over the vegetables in the pan and cook until set.

Prep Time: 2 mins

Cook Time: 4 mins

Step 6

Stove

Flip the omelet and cook for another 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 7

Serve hot and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 15 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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