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## Egg and Cottage Cheese Omelet ♦♦

The Egg and Cottage Cheese Omelet is a classic breakfast dish made with eggs and cottage cheese. It is a delicious and nutritious option for starting your day.

**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

150 g	Eggs
50 g	cottage cheese
0.5 tsp	Salt
0.25 tsp	Pepper
10 g	butter

# Directions

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## Step 1

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Stove

Heat butter in a non-stick pan over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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## Step 3

Stove

Pour the beaten eggs into the pan and cook for 2-3 minutes or until the edges start to set.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 4

Spread cottage cheese on one half of the omelet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Stove

Fold the other half of the omelet over the cottage cheese.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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## Step 6

Stove

Cook for another 1-2 minutes or until the omelet is fully cooked.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 7

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 140 kcal

**Fat:** 8 g

**Protein:** 14 g

**Carbohydrates:** 2 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	14 g	82.35%	82.35%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	1 g	N/A	N/A
Lactose	5 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	8 g	28.57%	32%
Cholesterol	370 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	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	6 mcg	40%	40%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	350 mg	15.22%	15.22%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Course

Appetizers Main Dishes Drinks Salads Snacks

### Cultural

Chinese New Year Easter

### Cost

Under \$10

### Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

**Difficulty Level**

Medium

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