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Ground Beef Omelet ♦♦

A delicious omelet made with ground beef and various ingredients. It is a popular breakfast dish that is easy to prepare and cook.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Ground Beef
4 pieces	Eggs
50 g	onion
50 g	bell pepper
50 g	cheese
5 g	salt

2 g pepper

10 ml oil

Directions

Step 1

Stove

Heat oil in a pan.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add ground beef and cook until browned.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add onion and bell pepper, and cook until softened.

Prep Time: 3 mins

Cook Time: 3 mins

Step 4

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Stove

Pour the beaten eggs over the cooked ground beef mixture in the pan.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Stove

Sprinkle cheese on top and cover the pan. Cook until the eggs are set and the cheese has melted.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Remove from heat and let it rest for a minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 8

Cut into slices and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 5 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	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	2 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	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	40 mcg	1666.67%	1666.67%
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	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Stove

Microwave

Difficulty Level

Medium

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