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## Garlic Egg Omelet ♦♦

A delicious omelet made with garlic and eggs. This recipe is perfect for breakfast or brunch.

**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

2 cloves	garlic
4 pieces	Eggs
0.5 teaspoon	salt
0.25 teaspoon	pepper
1 tablespoon	butter

50 g

cheese

## Directions

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### Step 1

Cutting

Crush the garlic cloves and set aside.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Stove

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

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 4

Stove

Add the crushed garlic to the pan and cook for 1 minute.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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## Step 5

Stove

Pour the egg mixture into the pan and cook for 3-4 minutes, or until the edges are set.

**Prep Time:** 0 mins

**Cook Time:** 4 mins

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## Step 6

Stove

Sprinkle the cheese on top of the omelet and cook for an additional 1-2 minutes, or until the cheese is melted.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 7

Plating

Fold the omelet in half and transfer to a plate.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 8

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 12 g

**Protein:** 10 g

**Carbohydrates:** 1 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	0 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	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	280 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	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	8 mg	0.8%	0.8%
Iron	6 mg	75%	33.33%
Potassium	100 mg	2.94%	3.85%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

**Events**

Christmas

**Meal Type**

Breakfast

Brunch

## Nutritional Content

Low Calorie

## Course

Main Dishes

Salads

Sauces & Dressings

## Cultural

Chinese New Year

Diwali

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Allergy Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

The Whole30 Diet

## Difficulty Level

Medium

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