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Onion and Tomato Omelet ♦♦

This Onion and Tomato Omelet is a classic breakfast dish made with onions, tomatoes, and eggs. It is a delicious and nutritious way to start your day.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	onion
100 g	Tomato
4 pieces	eggs
1 teaspoon	salt
1 teaspoon	pepper
2 tablespoon	oil

Directions

Step 1

Cut

Chop the onion and tomato into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sautéing

Heat oil in a pan and sauté the chopped onion and tomato until softened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Cooking

Pour the beaten eggs over the sautéed vegetables in the pan.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Cooking

Cook the omelet until the eggs are set and the bottom is golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Cooking

Flip the omelet and cook for another 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Serving

Remove from heat and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 5 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	5 g	9.09%	10%
Fibers	1 g	2.63%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	280 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch

Course

Snacks

Cultural

Chinese New Year Diwali Passover Easter Halloween

Cost

\$10 to \$20

Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe
Lactation Friendly Allergy Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Difficulty Level

Easy

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