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Protein Veggie Omelet ♦

A delicious omelet packed with protein and vegetables. Perfect for a healthy 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

4 pieces	Eggs
100 g	spinach
100 g	Tomatoes
50 g	Onions
50 g	Bell peppers
0.5 tsp	salt

0.5 tsp black pepper

2 tbsp olive oil

Directions

Step 1

Stove

Heat olive oil in a non-stick pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add onions and bell peppers to the pan and sauté for 2 minutes.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Stove

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

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Stove

Pour the beaten eggs into the pan with the vegetables.

Prep Time: 1 mins

Cook Time: 3 mins

Step 6

Stove

Cook the omelet for 2-3 minutes or until the eggs are set.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

Stove

Carefully flip the omelet and cook for another 2-3 minutes.

Prep Time: 0 mins

Cook Time: 3 mins

Step 8

Remove from heat and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 12 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	370 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
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	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Nutritional Content

Low Calorie

Low Fat

High Fiber

Low Sodium

Kitchen Tools

Blender

Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Difficulty Level

Medium

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