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## Turkey Omelet ♦♦

A delicious omelet made with turkey as the main ingredient. Perfect for a hearty breakfast or brunch.

**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

150 g	Turkey
4 pieces	eggs
50 ml	milk
0.5 tsp	salt
0.5 tsp	pepper
20 g	butter

50 g	cheese
20 g	Green Onions

## Directions

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### Step 1

In a bowl, beat the eggs with milk, 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

Add the beaten eggs to the pan and cook until slightly set.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

Stove

Add the turkey, cheese, and green onions to one side of the omelet.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 5

Stove

Fold the other side of the omelet over the filling and cook for another 2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 6

Remove from heat and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 10 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	2 g	N/A	N/A
Lactose	5 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	10 g	35.71%	40%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Winter Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Difficulty Level

Easy

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