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Fluffy Omelet with Cheese and Zucchini

This fluffy omelet is made with cheese and zucchini. It is a delicious and satisfying breakfast option that can also be enjoyed for brunch or lunch. The omelet is cooked until golden and fluffy, with melted cheese and tender zucchini filling. It is a versatile recipe that can be customized with your favorite ingredients.

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

4 pieces	Eggs
100 g	cheese
100 g	zucchini

0.5 tsp	salt
0.25 tsp	pepper
20 g	butter

Directions

Step 1

Mixing

Beat the eggs in a bowl and season with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Grate the cheese and finely chop the zucchini.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Melt butter in a non-stick pan over medium heat.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Stove

Add the zucchini to the pan and cook for 2-3 minutes until softened.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Stove

Pour the beaten eggs over the zucchini and cook for 3-4 minutes until set.

Prep Time: 0 mins

Cook Time: 4 mins

Step 6

Stove

Sprinkle the grated cheese on top of the omelet and cook for another 1-2 minutes until the cheese melts.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Fold the omelet in half 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	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	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	400 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	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	8 mg	0.24%	0.31%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

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 Picnic

Meal Type

Breakfast Brunch Lunch

Difficulty Level

Easy

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