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Senior Omelette ♦♦

A delicious omelette recipe that is perfect for seniors. It is packed with nutritious ingredients and is easy to chew and digest. This recipe is a great option for a healthy and satisfying 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
50 g	spinach
50 g	Mushrooms
50 g	Tomatoes
50 g	Cheese

0.5 tsp salt

0.5 tsp pepper

2 tsp olive oil

Directions

Step 1

Mixing

Whisk the eggs in a bowl.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Stove

Heat olive oil in a non-stick pan.

Prep Time: 1 mins

Cook Time: 2 mins

Step 3

Stove

Add mushrooms and tomatoes to the pan, and cook for 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Stove

Add spinach to the pan and cook for another minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 5

Stove

Pour the whisked eggs into the pan, season with salt and pepper, and cook until set.

Prep Time: 2 mins

Cook Time: 3 mins

Step 6

Stove

Sprinkle cheese on top of the omelette and cook for another minute until melted.

Prep Time: 1 mins

Cook Time: 1 mins

Step 7

Serve the omelette hot.

Prep Time: 1 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	2 g	5.26%	8%
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	3 g	13.64%	17.65%
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	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Snack Supper

Course

Breads Sauces & Dressings

Cultural

Chinese New Year

Demographics

Kids Friendly

Senior Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

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

Volumetrics Diet

Paleo Diet

Difficulty Level

Medium

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