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Fit Fare Omelette ♦♦

A healthy omelette made with fresh ingredients and low-fat options. Perfect for a nutritious 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

200 g	Egg whites
50 g	spinach
50 g	Mushrooms
50 g	Tomatoes
25 g	low-fat cheese
2 g	Salt

2 g	Pepper
5 g	olive oil

Directions

Step 1

Mixing

In a bowl, whisk the egg whites with salt and pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Heating

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

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Sautéing

Add spinach, mushrooms, and tomatoes to the pan. Cook until vegetables are tender.

Prep Time: 3 mins

Cook Time: 5 mins

Step 4

Cooking

Pour the whisked egg whites over the vegetables in the pan. Cook until the omelette is set.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Cooking

Sprinkle low-fat cheese on top of the omelette. Cook for another minute until the cheese melts.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Serving

Remove the omelette from the pan and serve hot.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 20 g

Carbohydrates: 8 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	8 g	14.55%	16%
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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 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	6 mg	461.54%	461.54%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring Fall

Meal Type

Breakfast Brunch Lunch Snack Supper

Nutritional Content

Low Calorie Low Fat Low Carb High Fiber Low Sodium Sugar-Free
High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Oven

Course

Appetizers Main Dishes Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Difficulty Level

Easy

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