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Classic Omelet ♦♦

The classic omelet is a popular breakfast dish made with beaten eggs and various fillings, such as cheese, vegetables, and meats. It is cooked in a frying pan and folded over to create a fluffy and delicious meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Eggs
50 g	cheese
30 ml	milk
0.5 tsp	salt
0.5 tsp	pepper

20 g	butter
50 g	vegetables (optional)
50 g	meat (optional)

Directions

Step 1

Mixing

In a bowl, beat the eggs, milk, salt, and pepper together.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Heat butter in a frying pan over medium heat.

Prep Time: 0 mins

Cook Time: 1 mins

Step 3

Stove

Pour the beaten egg mixture into the pan and let it cook for a minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Stove

Add the desired fillings, such as cheese, vegetables, and meats, on one side of the omelet.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Stove

Fold the other side of the omelet over the fillings and cook for another minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Plating

Slide the omelet onto a plate and serve hot.

Prep Time: 0 mins

Cook Time: 1 mins

Nutrition Facts

Calories: 143 kcal

Fat: 14 g

Protein: 13 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	13 g	76.47%	76.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	3 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	14 g	50%	56%
Cholesterol	378 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	5 mg	33.33%	33.33%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	7 mg	87.5%	38.89%
Potassium	140 mg	4.12%	5.38%
Zinc	8 mg	72.73%	100%
Selenium	27 mcg	49.09%	49.09%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Nutritional Content

Low Calorie

Course

Salads

Snacks

Cultural

Chinese New Year

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Diabetic Friendly

Heart Healthy

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)

Difficulty Level

Easy

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