

Mediterranean Omelette Breakfast with Feta, Olives, and Veg

🕒 20 min 🍽️ 2 servings

204 Kcal / serving

9g Protein 17g Fat 5g Carbs

Ingredients

- Feta cheese, 2 tbsp (34.1 g)
- Eggs, 2 large (100 g)
- Olive oil, 1 tablespoon (13.5 g)
- Tomatoes, 1/4 cup (35.8 g)
- Bell pepper, 1/4 cup (35.8 g)
- Onion, 1/4 cup (40 g)
- Kalamata olives, 2 tablespoons (16 g)
- Parsley, 1 tablespoon (4 g)
- Salt and pepper, 2 servings (1 g)



Instructions

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

Add the diced red bell pepper and red onion to the skillet and sauté until softened, about 3-4 minutes.

Add the diced tomatoes and kalamata olives to the skillet and cook for an additional 2 minutes.

In a separate bowl, whisk the eggs with salt and pepper.

Pour the whisked eggs into the skillet with the vegetables.

Gently scramble the eggs with the vegetables until cooked to your desired consistency.

Sprinkle the crumbled feta cheese and chopped parsley over the scrambled eggs and cook for an additional minute to melt the cheese.

Remove from heat and serve hot.

Enjoy your Mediterranean breakfast!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	408.8	145.9	204.4
Protein [g]	18.8	6.7	9.4
Fat [g]	33	11.8	16.5
Carbs [g]	10.3	3.7	5.2
Fiber [g]	2.5	0.9	1.3



Protein Fat Carbs

Macronutrient breakdown per ingredient (total)

	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Feta cheese 2 tbsp (34.1 g)	90.1	4.8	7.3	1.4	-
Eggs 2 large (100 g)	143	12.6	9.5	0.7	-
Olive oil 1 tablespoon (13.5 g)	119.3	-	13.5	-	-
Tomatoes 1/4 cup (35.8 g)	6.4	0.3	0.1	1.4	0.4
Bell pepper 1/4 cup (35.8 g)	9.3	0.4	0.1	2.2	0.8
Onion 1/4 cup (40 g)	16	0.4	-	3.7	0.7
Kalamata olives 2 tablespoons (16 g)	23.2	0.2	2.4	0.6	0.5
Parsley 1 tablespoon (4 g)	1.4	0.1	-	0.3	0.1
Salt and pepper 2 servings (1 g)	-	-	-	-	-

Micronutrient summary

	TOTAL	/100 G	/SERVING
Water [g]	161.8	57.7	80.9
Energy (KJ) [kJ]	1547.4	552.2	773.7

Sugars [g]	6	2.1	3
Fiber [g]	2.5	0.9	1.3
Calcium, Ca [mg]	253.7	90.5	126.9
Iron, Fe [mg]	2.7	1	1.4
Magnesium, Mg [mg]	34.5	12.3	17.3
Phosphorus, P [mg]	345.4	123.3	172.7
Potassium, K [mg]	407	145.2	203.5
Sodium, Na [mg]	1099.4	392.4	549.7
Zinc, Zn [mg]	2.5	0.9	1.3
Copper, Cu [mg]	0.2	0.1	0.1
Fluoride, F [ug]	1.9	0.7	1
Manganese, Mn [mg]	0.2	0.1	0.1
Selenium, Se [ug]	36.2	12.9	18.1
Vitamin A, IU [IU]	2503.6	893.5	1251.8
Retinol [ug]	202.7	72.3	101.4
Vitamin A, RAE [ug]	273.9	97.7	137
Vitamin E [mg]	4.5	1.6	2.3
Vitamin D [IU]	87.5	31.2	43.8
Vitamin D2 (ergocalciferol) [ug]	0	0	0
Vitamin D3 (cholecalciferol) [ug]	2.1	0.7	1.1
Vitamin D [ug]	2.1	0.7	1.1
Vitamin C [mg]	58.9	21	29.5
Thiamin [mg]	0.2	0.1	0.1
Riboflavin [mg]	0.8	0.3	0.4
Niacin [mg]	1.1	0.4	0.6
Pantothenic acid [mg]	2.1	0.7	1.1
Vitamin B6 [mg]	0.5	0.2	0.3
Folate, total [ug]	93.9	33.5	47
Vitamin B12 [ug]	1.5	0.5	0.8
Choline, total [mg]	303.5	108.3	151.8
Vitamin K [ug]	79.6	28.4	39.8
Folic acid [ug]	0	0	0

Folate, food [ug]	79.8	28.5	39.9
Folate, DFE [ug]	79.8	28.5	39.9
Vitamin E, added [mg]	0	0	0
Vitamin B12, added [ug]	0	0	0
Cholesterol [mg]	402.4	143.6	201.2
Fatty acids, total monounsaturated [g]	16.9	6	8.5
Fatty acids, total polyunsaturated [g]	3.6	1.3	1.8
Fatty acids, total transmonoenoic [g]	0	0	0
Fatty acids, total transpolyenoic [g]	0	0	0
Net Carbs [g]	7.8	2.8	3.9

Micronutrient breakdown per ingredient (per serving)

	FETA CHEESE	EGGS	OLIVE OIL	TOMATOES	BELL PEPPER	ONION	KALAMATA OLIVES	PARSLEY	SALT AND PEPPER
Water [g]	9.4	38.1	-	16.9	16.5	-	-	-	-
Energy (KJ) [kJ]	188.2	299.5	249.7	13.3	23.1	-	-	-	-
Sugars [g]	0.7	0.2	-	0.5	0.8	0.9	0.1	-	-
Fiber [g]	-	-	-	0.2	0.4	0.4	0.3	0.1	-
Calcium, Ca [mg]	84.1	28	0.1	1.8	1.3	4.6	4.2	2.8	0.1
Iron, Fe [mg]	0.1	0.9	0.1	0.1	0.1	0.1	0.1	0.1	-
Magnesium, Mg [mg]	3.3	6	-	2	2.2	2	0.9	1	-
Phosphorus, P [mg]	57.5	99	-	4.3	4.7	5.8	0.3	1.2	-
Potassium, K [mg]	10.6	69	0.1	42.4	37.8	29.2	3.4	11.1	0.1
Sodium, Na [mg]	156.5	71	0.2	0.9	0.7	0.8	124.8	1.1	193.8
Zinc, Zn [mg]	0.5	0.7	-	0.1	0.1	0.1	-	-	-
Copper, Cu [mg]	-	0.1	-	-	-	-	-	-	-
Fluoride, F [ug]	-	0.6	-	0.4	-	-	-	-	-
Manganese, Mn [mg]	-	-	-	-	-	0.1	-	-	-

Selenium, Se [ug]	2.6	15.4	-	-	-	0.1	0.1	-	-
Vitamin A, IU [IU]	72	270	-	149.1	560.4	0.4	31.5	168.5	-
Retinol [ug]	21.4	80	-	-	-	-	-	-	-
Vitamin A, RAE [ug]	21.4	80	-	7.5	28.1	-	-	-	-
Vitamin E [mg]	0.1	0.6	1	0.1	0.3	-	0.3	-	-
Vitamin D [IU]	2.8	41	-	-	-	-	-	-	-
Vitamin D2 (ergocalcifero... [ug]	-	-	-	-	-	-	-	-	-
Vitamin D3 (cholecalcifer... [ug]	0.1	1	-	-	-	-	-	-	-
Vitamin D [ug]	0.1	1	-	-	-	-	-	-	-
Vitamin C [mg]	-	-	-	2.5	22.9	1.5	-	2.7	-
Thiamin [mg]	0.1	-	-	-	-	-	-	-	-
Riboflavin [mg]	0.2	0.3	-	-	-	-	-	-	-
Niacin [mg]	0.2	0.1	-	0.1	0.2	-	-	0.1	-
Pantothenic acid [mg]	0.2	0.8	-	-	0.1	-	-	-	-
Vitamin B6 [mg]	0.1	0.1	-	-	0.1	-	-	-	-
Folate, total [ug]	5.5	23.5	-	2.7	8.3	3.8	0.3	3.1	-
Vitamin B12 [ug]	0.3	0.5	-	-	-	-	-	-	-
Choline, total [mg]	2.7	146.9	-	1.2	1	-	-	-	-
Vitamin K [ug]	0.3	0.2	4.1	1.4	0.9	0.1	0.1	32.8	-
Folic acid [ug]	-	-	-	-	-	-	-	-	-
Folate, food [ug]	5.5	23.5	-	2.7	8.3	-	-	-	-
Folate, DFE [ug]	5.5	23.5	-	2.7	8.3	-	-	-	-
Vitamin E, added [mg]	-	-	-	-	-	-	-	-	-
Vitamin B12, added [ug]	-	-	-	-	-	-	-	-	-
Cholesterol [mg]	15.2	186	-	-	-	-	-	-	-
Fatty acids, total monoun... [g]	0.8	1.9	4.9	-	-	-	0.9	-	-
Fatty acids, total polyun... [g]	0.1	1	0.7	-	-	-	-	-	-
Fatty acids, total transm... [g]	-	-	-	-	-	-	-	-	-
Fatty acids, total transp... [g]	-	-	-	-	-	-	-	-	-
Net Carbs [g]	0.7	0.4	-	0.5	0.7	1.5	0.1	0.1	-