

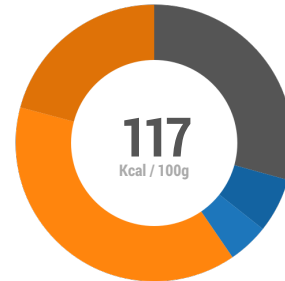
# Breakfast Omelette

By Lisa Treacy from My Life Health and Fitness



Overview ...

U / 3216518



WEIGHT:

**11.1% Carbs**  
**29.3% Protein**  
**59.6% Fat**

Food Labelling...

## EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 331G SERVING	%RI
Energy(Kj)	496 kJ	6%	1641 kJ	20%
Energy(Kcal)	119 kcal	6%	394 kcal	20%
Fat	7.7 g	11%	26 g	37%
of which saturates	2.7 g	14%	9 g	45%
Carbohydrate	3.3 g	1%	11 g	4%
of which sugars	1.9 g	2%	6.2 g	7%
Fibre	1 g	4%	3.2 g	13%
Protein	8.5 g	17%	28 g	56%
Salt	0.28 g	5%	0.92 g	15%

CONTAINS:



EGGS



MILK

## Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 6% RI Energy(Kj) 6% RI	Saturated Fat 14% RI Monounsaturated fat 0% RI cis-Mono Polyunsaturated fat 1% RI Omega3(n-3) 0% RI Omega6(n-6) 0% RI cis-Poly Trans-fatty acids Cholesterol	Vitamin A (ret eq) 6% RI Retinol Carotene Vitamin D 33% RI Vitamin E 2% RI Vitamin K 25% RI Thiamin (B <sub>1</sub> ) 4% RI Riboflavin (B <sub>2</sub> ) 6% RI Niacin total (B <sub>3</sub> ) 2% RI Niacin 4% RI Tryptophan Pantothenic Acid (B <sub>5</sub> ) 4% RI Vitamin B <sub>6</sub> 6% RI Folates (B <sub>9</sub> ) Total 8% RI Vitamin B <sub>12</sub> 0% RI Biotin (B <sub>7</sub> ) 1% RI Vitamin C 25% RI
117kcal 487kJ	2.7g 0.02g - 0.09g 0g 0g - 0g 0mg	46ug 0ug 160ug 1.7ug 0.25mg 19.1ug 0.04mg 0.08mg 0.35mg 0.65mg 14.6mg 0.21mg 0.08mg 15.1ug 0.01ug 0.28ug 20mg
Macronutrients	Minerals & trace elements	
Carbohydrate 1% RI Protein 17% RI Fat 11% RI Water Water from Drinks Alcohol (0% ABV)	Sodium 5% RI Potassium 9% RI Chloride 23% RI Calcium 2% RI Phosphorus 4% RI Magnesium 3% RI Iron 3% RI Zinc 3% RI Copper 9% RI	
3.3g 8.5g 7.7g 79g 0g 0g	111mg 171mg 184mg 17.3mg 28.6mg 10.7mg 0.36mg 0.25mg 0.09mg	
Carbohydrate		
Starch Oligosaccharide Fibre 4% RI NSP Sugars 2% RI Glucose Galactose Fructose		
1.1g 0.24g 0.95g 0.51g 1.9g 0.64g 0g 0.67g		

Sucrose  
Maltose  
Lactose

0.28g Manganese 8% RI  
0g Selenium 6% RI  
0g Iodine 1% RI

0.15mg  
3.5ug  
0.84ug

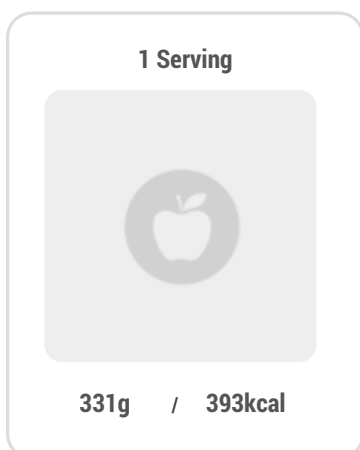
#### Other

GI (estimated)  
GL  
Caffeine

27.3  
0.77  
-

Recipe Ingredients ...	Quantity:	Description:
Eggs, chicken, whole, raw	171g	3x Average, Size 3
Knockanore Irish Farmhouse Cheese Cheddar with Garlic & Herbs 150g	15g	0.1x Per pack
Onions, raw	45g	3x slice or in sandwich/wrap
Mushrooms, brown, raw	40g	2x piece whole
Garlic, raw	3g	1x Average Portion
Tomatoes, cherry, raw	30g	2x cherry tomato
Peppers, capsicum, green, raw	40g	
Spinach, baby, raw	20g	1x cup
Peppers, capsicum, chilli, red, raw	10g	0.5x average pepper
Pepper, black	1g	1x 1g
Organico Extra Virgin Olive Oil 1 Litre	5g	

#### Portions / Pack Sizes ...



#### Ingredient List (QUID) ...

Eggs (51.7%), Onions (13.6%), Mushrooms brown raw (12.1%), Green peppers (12.1%), Cherry tomatoes (9.1%), Spinach (6%), Knockanore Irish Farmhouse Cheese Cheddar with Garlic & Herbs 150g (4.5%) [Raw Unpasteurised Cows Milk, Salt, Garlic, Herbs, Culture, Vegetarian Rennet], Red chilli peppers (3%), Organico Extra Virgin Olive Oil 1 Litre (1.5%) [Extra Virgin Olive Oil\*, \*from Organic Agriculture], Garlic (0.91%), Black pepper (0.3%)

#### Cooking Instructions & Notes

- 1) Chop the onion, green pepper, chilli, mushrooms and garlic. Put 1 tsp of oil on the pan and saute the veg.
- 2) Whiz eggs to make a fluffy omelette and pour over the cooked veg on the pan.
- 3) Pop the quartered cherry tomatoes, cubed cheese and spinach on top as the omelette is cooking.
- 4) When the bottom of the omelette is cooked (3-5 mins) flip the omelette and cook on the other side for 3-5 mins.

Enjoy!!