



# Egg-White Omelet With Vegetable-Cheddar Filling

## Handout 2

Serving Size: 1 omelet

Yield: 1 serving

### Ingredients:

- 3 large egg whites
- 1 teaspoon water
- 2 teaspoons chopped fresh dill (optional)
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1/2 cup loosely packed, sliced fresh spinach
- 1 plum tomato, chopped
- 2 tablespoons shredded nonfat cheddar cheese
- Vegetable cooking spray

### Instructions:

1. Whisk egg whites, water, dill (if using), salt and pepper together in a medium bowl until soft peaks form. Toss spinach, tomato and cheddar together in a small bowl.
2. Lightly coat an omelet pan or small skillet with cooking spray and heat over medium heat 1 minute. Pour egg mixture into pan and cook until eggs begin to set on bottom.
3. Spread filling over half of omelet, leaving 1/2-inch border and reserving 1 tablespoon mixture for garnish. Lift up omelet at edge nearest handle and fold in half, slightly off-center, so filling peeks out. Cook 2 minutes. Slide omelet onto a serving plate and garnish with reserved filling.

<b>Nutrition Facts</b>			
Serving Size 1 omelet			
Servings Per Container			
Amount Per Serving			
Calories 110	Calories from Fat 5		
% Daily Value*			
<b>Total Fat</b> 0.5g			<b>1%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 3mg			<b>1%</b>
<b>Sodium</b> 438mg			<b>19%</b>
<b>Total Carbohydrate</b> 8g			<b>3%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 1g			
<b>Protein</b> 18g			
Vitamin A <b>15%</b>	•	Vitamin C <b>27%</b>	
Calcium <b>9%</b>	•	Iron <b>5%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
	Fat 9	• Carbohydrate 4	• Protein 4

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