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Zucchini Chicken Omelette



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\$0.72 per serving



Ready in 45 minutes



6 likes



Spoonacular Score: 43% [?](#)

Zucchini Chicken Omelette is a main course that serves 2. For **72 cents per serving**, this recipe **covers 11%** of your daily requirements of vitamins and minerals. One serving contains **210 calories**, **13g of protein**, and **16g of fat**. It is brought to you by Foodista. From preparation to the plate, this recipe takes approximately **45 minutes**. This recipe is liked by 6 foodies and cooks. If you have milanese chicken left over, oil, zucchini, and a few other ingredients on hand, you can make it. It is a good option if you're following a **gluten free, dairy free, fodmap friendly, and whole 30** diet. All things considered, we decided this recipe **deserves a spoonacular score of 38%**. This score is not so amazing. If you like this recipe, take a look at these similar recipes: [Zucchini Chicken Omelette](#), [Zucchini Chicken Omelette](#), and [Zucchini Chicken Omelette](#).

Sparkling Wine are my top picks for Omelet. Even if you aren't making mimosas, sparkling wine is great with eggs for two reasons. One, if you're eating eggs early in the day, sparkling wine has less alcohol. Secondly, it cleanses the palate, which is important since yolk is known to coat the palate. The Barefoot Bubbly Pink Moscato with a 4.9 out of 5 star rating seems like a good match. It costs about 15 dollars per bottle.

Barefoot Bubbly Pink Moscato



Barefoot Bubbly Pink Moscato is sweet & juicy with explosive aromas and flavors. Best served chilled (36-40 degrees F), this bubbly has aromas and flavors of jasmine and Mandarin orange complemented by red raspberry, strawberry and pomegranate. Enjoy the creamy and juicy finish!

Ingredients

gridlist

Servings:

metricUS

3



eggs

1 Tbsp



water

5.29 oz



zucchini

some



salt and pepper

1 Tbsp



oil

1 3/8 oz





diced chicken

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Equipment

gridlist





frying pan

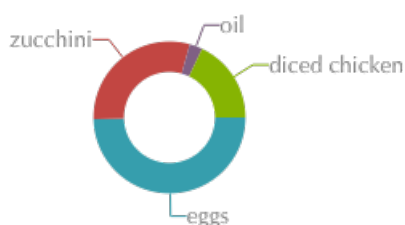
bowl

Instructions

Beat eggs and water in a bowl. Mix in grated zucchini and season with salt and pepper. Heat the oil in a small, non-stick skillet. When hot, add half the egg mixture and cook for 1 minute until the egg begins to set. Scatter evenly with half diced chicken. Cook for a further 1-2 minutes, until the egg is golden underneath, and just set on top. Slide out onto a serving plate, folding it over as you go. Repeat. Serve the omelette with your favourite salad.

Read the detailed instructions on [Foodista.com – The Cooking Encyclopedia Everyone Can Edit](#)

Price Breakdown



Cost per Serving: \$0.72

Ingredient	Price
3 eggs	\$0.72
150 grams zucchini	\$0.43
1 tablespoon oil	\$0.04
80 grams diced chicken	\$0.26
	<u>\$1.44</u>

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Nutritional Information

Quickview

210k Calories	12g Protein	16g Total Fat	2g Carbs	4% Health Score
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Limit These

Calories	210k	11%
Fat	16g	25%
Saturated Fat	3g	22%
Carbohydrates	2g	1%
Sugar	2g	2%
Cholesterol	259mg	87%
Sodium	210mg	9%

Get Enough Of These

Protein	12g	26%
Selenium	23µg	33%
Vitamin B2	0.4mg	23%
Phosphorus	187mg	19%
Vitamin C	13mg	17%
Vitamin B6	0.3mg	15%
Vitamin E	2mg	14%
Vitamin B5	1mg	13%
Folate	50µg	13%
Vitamin B12	0.65µg	11%
Vitamin A	533IU	11%
Potassium	323mg	9%
Vitamin D	1µg	9%
Zinc	1mg	9%
Iron	1mg	9%
Vitamin B3	1mg	8%
Vitamin K	8µg	8%
Manganese	0.16mg	8%
Magnesium	25mg	6%
Calcium	51mg	5%
Copper	0.1mg	5%
Vitamin B1	0.07mg	5%

Fiber 0.75g 3%

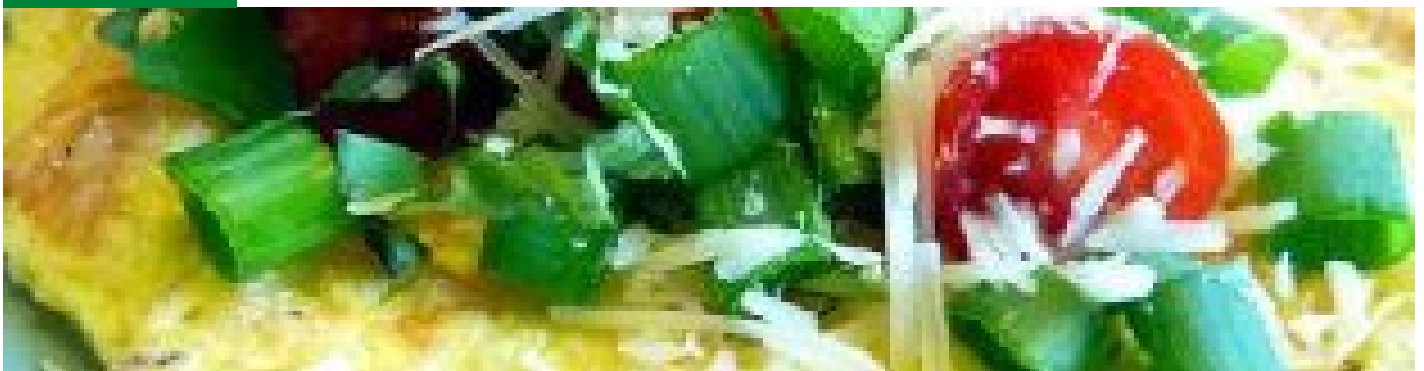
■ ■ covered percent of daily need

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