

Slow Cooker Veggie Omelette



Delicious and simple breakfast Vegetable Omelette cooked in the crock pot.

Course	Breakfast
Cuisine	American
Keyword	breakfast omelette, crock pot, keto, slow cooker
Prep Time	10 minutes
Cook Time	2 hours
Total Time	2 hours 10 minutes
Servings	4 serves
Calories	142 kcal
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Ingredients

- 6 eggs
- 1/2- cup milk
- 1/4 teaspoon salt
- fresh ground pepper , to taste
- 1/8 teaspoon garlic powder , or to taste
- 1/8 teaspoon chili powder , or to taste
- 1 cup broccoli florets
- 1 red bell pepper , thinly sliced
- 1 small yellow onion , finely chopped
- 1 garlic clove , minced
- GARNISH
- shredded cheddar cheese
- chopped tomatoes
- chopped onions
- fresh parsley

Instructions

1. Lightly grease the inside of the slow cooker/crock pot with cooking spray; set aside.
2. In a large mixing bowl combine eggs, milk, salt, pepper, garlic powder and chili powder; using egg beaters or a whisk, beat the mixture until mixed and well combined.
3. Add broccoli florets, sliced peppers, onions and garlic to the slow cooker; stir in the egg-mixture.
4. Cover and cook on HIGH for 2 hours. Start checking at 1 hour 30 minutes. Omelette is done when eggs are set.
5. Sprinkle with cheese and cover; let stand 2 to 3 minutes or until cheese is melted.
6. Turn off the slow cooker.
7. Cut the omelette into 8 wedges.
8. Transfer to a serving plate.
9. Garnish with chopped tomatoes, chopped onions and fresh parsley.
10. Serve.

Recipe Notes

WW SmartPoints: 4

Nutrition Facts

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Amount Per Serving

Calories 142 Calories from Fat 63

% Daily Value*

Total Fat 7g	11%
Saturated Fat 2g	10%
Cholesterol 248mg	83%
Sodium 263mg	11%
Potassium 306mg	9%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 10g	20%
Vitamin A	29.9%
Vitamin C	73.4%
Calcium	8.8%
Iron	8.4%

* Percent Daily Values are based on a 2000 calorie diet.