



Artichoke Omelets

 Gluten Free

READY IN



32 min.

SERVINGS



3

CALORIES



293 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 14 ounce artichoke hearts rinsed drained chopped canned
- 2 teaspoons butter
- 1 tablespoon dijon mustard
- 6 large egg whites
- 3 large eggs
- 1 cup mushrooms fresh chopped
- 2 garlic cloves minced
- 1 teaspoon herbs de provence

- 1 tablespoon milk 2% reduced-fat
- 0.5 cup onion chopped (1 small)
- 0.8 cup parmesan cheese divided grated

Equipment

- frying pan
- whisk
- spatula

Directions

- Melt butter in a medium nonstick skillet over medium heat.
- Add onion and garlic; saut 3 minutes.
- Add mushrooms and artichoke hearts; saut 2 minutes or until vegetables are tender.
- Remove from heat, and keep warm.
- Combine egg whites and next 4 ingredients; stir well with a whisk.
- Heat a small nonstick skillet coated with cooking spray over medium heat.
- Pour one-third of egg mixture into pan. Cook 3 minutes; turn omelet over.
- Spread one-third of artichoke mixture onto half of omelet.
- Sprinkle 1/4 cup cheese over omelet. Carefully loosen omelet with a spatula; fold in half. Cook 1 minute. Slide onto plate, and keep warm. Repeat procedure twice with cooking spray and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:0.98, Inflammation Score:-5, Nutrition Score:14.657826112664%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 292.66kcal (14.63%), Fat: 15.01g (23.09%), Saturated Fat: 7.27g (45.42%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 10.76g (3.91%), Sugar: 3.81g (4.23%), Cholesterol: 215.32mg (71.77%), Sodium: 1188.52mg (51.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.52%), Selenium: 42.57µg (60.81%), Vitamin B2: 0.76mg (44.56%), Phosphorus: 317.18mg (31.72%), Calcium: 280.58mg (28.06%), Vitamin B5: 1.53mg (15.33%), Vitamin B12: 0.89µg (14.78%), Zinc: 2.06mg (13.75%), Fiber: 3.19g (12.76%), Vitamin A: 591.58IU (11.83%), Potassium: 389.31mg (11.12%), Vitamin B6: 0.21mg (10.3%), Folate: 39.82µg (9.95%), Iron: 1.78mg (9.91%), Copper: 0.19mg (9.31%), Manganese: 0.17mg (8.66%), Magnesium: 31.81mg (7.95%), Vitamin D: 1.19µg (7.93%), Vitamin B3: 1.38mg (6.88%), Vitamin K: 6.75µg (6.43%), Vitamin B1: 0.08mg (5.66%), Vitamin E: 0.78mg (5.23%), Vitamin C: 3.47mg (4.2%)