



Asparagus-Mushroom Omelet

 Vegetarian  Gluten Free

READY IN



24 min.

SERVINGS



2

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup asparagus chopped 6 spears
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 large egg white
- ☐ 4 large eggs
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 2 tablespoons green onions chopped
- ☐ 1 cup mushrooms sliced
- ☐ 1 teaspoon olive oil divided

- ☐ 0.3 teaspoon salt
- ☐ 2 ounces swiss cheese shredded reduced-fat

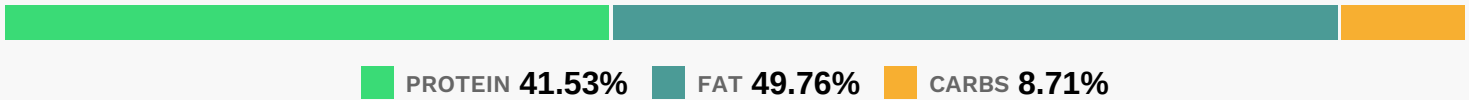
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Heat 1/2 teaspoon oil in a medium nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add mushrooms, asparagus, and green onions; saut 5 minutes or until crisp-tender.
- ☐ Remove from pan, set aside, and keep warm.
- ☐ Combine eggs, egg white, and next 3 ingredients in a bowl, stirring well with a whisk.
- ☐ Heat remaining 1/2 teaspoon oil in pan.
- ☐ Add egg mixture to pan; cook until edges begin to set (about 2 minutes). Gently lift edges of omelet with a spatula, and tilt pan so uncooked portion flows underneath. Continue cooking until center is just set (about 4 minutes).
- ☐ Spoon vegetable mixture evenly over half of omelet, and sprinkle cheese over vegetable mixture. Loosen omelet with spatula, and fold in half.
- ☐ Cut omelet in half crosswise, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:19.681739122971%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

Nutrients (% of daily need)

Calories: 239.54kcal (11.98%), Fat: 13.2g (20.31%), Saturated Fat: 4.38g (27.39%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 3.82g (1.39%), Sugar: 2.59g (2.87%), Cholesterol: 381.92mg (127.31%), Sodium: 520.64mg (22.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.59%), Selenium: 42.88µg (61.25%), Vitamin B2: 0.88mg (51.58%), Phosphorus: 433.17mg (43.32%), Calcium: 344.29mg (34.43%), Vitamin K: 29.85µg (28.43%), Vitamin B5: 2.38mg (23.81%), Vitamin B12: 1.4µg (23.34%), Folate: 78.95µg (19.74%), Zinc: 2.86mg (19.05%), Vitamin A: 905.28IU (18.11%), Iron: 2.89mg (16.05%), Copper: 0.31mg (15.32%), Vitamin D: 2.12µg (14.16%), Vitamin B6: 0.28mg (13.9%), Potassium: 435.53mg (12.44%), Vitamin E: 1.78mg (11.84%), Vitamin B3: 2.21mg (11.06%), Vitamin B1: 0.14mg (9.11%), Magnesium: 34.5mg (8.63%), Manganese: 0.13mg (6.59%), Fiber: 1.37g (5.5%), Vitamin C: 4.14mg (5.02%)