



Blue Mushroom Omelet



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



283 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup baby spinach coarsely chopped
- ☐ 4 cremini mushrooms sliced
- ☐ 4 eggs
- ☐ 2 pinches garlic salt to taste
- ☐ 4 pinches ground pepper black
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 2 tablespoons onion red chopped

- ☐ 0.5 ounce stilton cheese crumbled
- ☐ 1 tablespoon milk whole

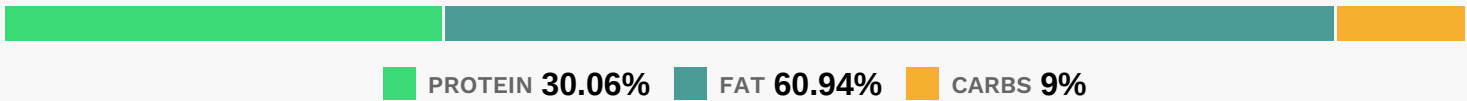
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Lightly whisk the eggs with the milk in a bowl to break the yolks and integrate the milk; season with 4 pinches black pepper and 2 pinches garlic salt.
- ☐ Heat olive oil in a non-stick skillet over medium heat; cook and stir mushrooms and onion in hot oil until the onion softens, about 5 minutes.
- ☐ Spread the mushrooms and onion into the bottom of the skillet so it forms an even layer.
- ☐ Sprinkle spinach evenly across the top of the mushroom and onion layer.
- ☐ Pour egg mixture over the vegetables.
- ☐ Cook until the top of the egg is set, 3 to 5 minutes.
- ☐ Sprinkle Stilton cheese and mozzarella cheese over the cooked egg; cook until the mozzarella begins to melt, fold the omelet in half around the filling to make a half-moon.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:22.760869482289%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 283.11kcal (14.16%), Fat: 19.27g (29.65%), Saturated Fat: 7.65g (47.81%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 5.16g (1.88%), Sugar: 2.23g (2.47%), Cholesterol: 351.5mg (117.17%), Sodium: 785.34mg (34.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.39g (42.78%), Vitamin K: 79.08µg (75.31%), Selenium: 42.92µg (61.31%), Vitamin B2: 0.76mg (44.42%), Vitamin A: 2093.8IU (41.88%), Phosphorus: 400.29mg (40.03%), Calcium: 348.38mg (34.84%), Manganese: 0.49mg (24.43%), Folate: 87.77µg (21.94%), Vitamin B5: 2.17mg (21.72%), Vitamin B12: 1.18µg (19.66%), Zinc: 2.69mg (17.92%), Copper: 0.32mg (16.18%), Vitamin B6: 0.28mg (13.83%), Potassium: 478.55mg (13.67%), Iron: 2.43mg (13.51%), Vitamin D: 2µg (13.35%), Vitamin E: 1.89mg (12.61%), Magnesium: 39.41mg (9.85%), Vitamin B3: 1.84mg (9.19%), Vitamin B1: 0.1mg (6.86%), Vitamin C: 4.95mg (6.01%), Fiber: 1.25g (4.98%)