



 **23%**
HEALTH SCORE

Chickpea, Mushroom, Cheese and Egg Omelet

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



654 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

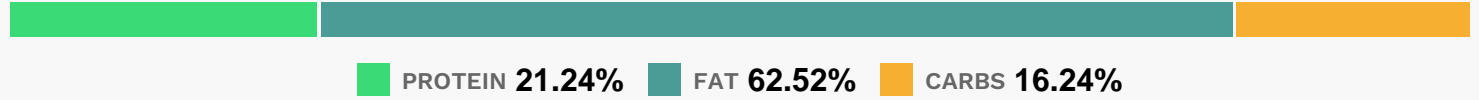
- 16 ounce garbanzo beans drained canned ()
- 8 ounce tomato sauce canned
- 8 ounces cheddar cheese
- 1 tablespoon cooking oil
- 1 tablespoon dehydrated onion dried minced
- 8 large eggs
- 4 tablespoons butter
- 6.5 ounce mushrooms drained canned (mushrooms)

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1 tablespoon suya seasoning mix

Equipment

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:6.22, Inflammation Score:-8, Nutrition Score:35.11652173913%

Nutrients (% of daily need)

Calories: 653.76kcal (32.69%), Fat: 46.42g (71.41%), Saturated Fat: 16.97g (106.07%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 18.68g (6.79%), Sugar: 5.02g (5.58%), Cholesterol: 428.7mg (142.9%), Sodium: 1234.63mg (53.68%), Protein: 35.49g (70.98%), Selenium: 58.15µg (83.07%), Vitamin B2: 1.16mg (68.07%), Phosphorus: 655.42mg (65.54%), Manganese: 1.27mg (63.35%), Calcium: 573.7mg (57.37%), Vitamin B6: 0.96mg (47.84%), Vitamin A: 1934.53IU (38.69%), Vitamin B5: 3.72mg (37.24%), Fiber: 8.45g (33.79%), Copper: 0.65mg (32.55%), Zinc: 4.88mg (32.53%), Iron: 5.62mg (31.22%), Folate: 119µg (29.75%), Vitamin K: 28.77µg (27.4%), Vitamin E: 4.02mg (26.83%), Vitamin B12: 1.54µg (25.7%), Potassium: 879.07mg (25.12%), Vitamin B3: 4.33mg (21.64%), Magnesium: 86.27mg (21.57%), Vitamin D: 2.52µg (16.83%), Vitamin B1: 0.2mg (13.01%), Vitamin C: 7.07mg (8.57%)