



Fines Herbes Omelet with Wild Mushrooms



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



164 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 ounce cream cheese fat-free softened
- ☐ 4 large egg whites
- ☐ 2 large eggs
- ☐ 3 tablespoons milk fat-free divided
- ☐ 1 teaspoon chives fresh minced
- ☐ 1 teaspoon flat-leaf parsley fresh minced
- ☐ 0.3 teaspoon tarragon fresh minced

- ☐ 1 tablespoon green onions thinly sliced
- ☐ 0.5 pound cultivated mushrooms wild sliced
- ☐ 0.3 teaspoon salt divided
- ☐ 2 tablespoons cup heavy whipping cream fat-free sour

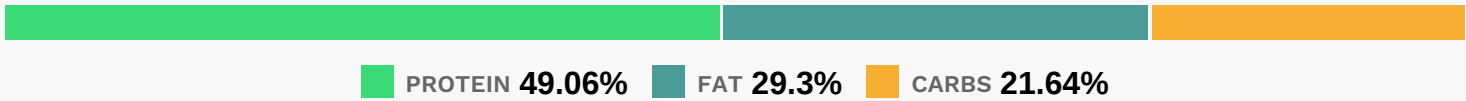
Equipment

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

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add mushrooms to pan; saut 6 minutes or until moisture evaporates and mushrooms begin to brown.
- ☐ Remove from heat.
- ☐ Combine 1 tablespoon milk, sour cream, cream cheese, 1/8 teaspoon salt, and pepper in a medium bowl; stir well with a whisk.
- ☐ Add mushrooms to milk mixture; stir well.
- ☐ Combine remaining 2 tablespoons milk, remaining 1/8 teaspoon salt, onions, chives, parsley, tarragon, egg whites, and eggs in a bowl; stir well.
- ☐ Heat pan over medium-high heat. Coat pan with cooking spray.
- ☐ Spread egg mixture evenly in pan; cook 3 minutes or until center is set. Top with mushroom mixture. Carefully loosen omelet with a spatula; fold in half.
- ☐ Cut omelet in half.

Nutrition Facts



Properties

Glycemic Index:138.13, Glycemic Load:1.33, Inflammation Score:-4, Nutrition Score:16.48086961456%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 164.36kcal (8.22%), Fat: 5.44g (8.38%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 7.77g (2.83%), Sugar: 4.94g (5.49%), Cholesterol: 189.46mg (63.15%), Sodium: 603.27mg (26.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.51g (41.02%), Vitamin B2: 1.07mg (62.69%), Selenium: 40.92µg (58.45%), Phosphorus: 318.44mg (31.84%), Vitamin B5: 2.79mg (27.95%), Vitamin B3: 4.31mg (21.56%), Copper: 0.43mg (21.31%), Potassium: 648.96mg (18.54%), Vitamin B12: 0.85µg (14.18%), Folate: 55.38µg (13.84%), Calcium: 136.75mg (13.67%), Vitamin B6: 0.24mg (11.89%), Zinc: 1.66mg (11.04%), Vitamin D: 1.47µg (9.83%), Vitamin B1: 0.14mg (9.36%), Iron: 1.67mg (9.29%), Vitamin A: 421.08IU (8.42%), Magnesium: 32.41mg (8.1%), Vitamin K: 8.48µg (8.07%), Manganese: 0.12mg (6.05%), Fiber: 1.28g (5.11%), Vitamin C: 3.43mg (4.15%), Vitamin E: 0.56mg (3.72%)