



Italian Omelet

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 tablespoon butter
- 0.5 teaspoon basil dried
- 4 eggs
- 1 cup mushrooms fresh sliced
- 1 cup mushrooms fresh sliced
- 2 tablespoons parsley fresh minced
- 1 garlic clove minced
- 0.5 cup part-skim mozzarella cheese shredded

- 0.3 teaspoon pepper
- 0.1 teaspoon salt
- 1 medium tomatoes chopped
- 3 tablespoons water
- 1 cup zucchini sliced

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- In a large nonstick skillet, saute mushrooms and zucchini in 2 tablespoons butter until tender; remove and keep warm.
- In the same skillet, melt remaining butter. In a small bowl, whisk the eggs, water, salt and pepper.
- Add to skillet (mixture should set immediately at edges). As eggs set, push cooked edges toward the center, letting uncooked portion flow underneath.
- When the eggs are set, spoon vegetable mixture over one side and sprinkle with cheese. Fold other side over filling.
- Remove from the heat.
- In a small saucepan over medium heat, melt butter.
- Add remaining sauce ingredients; cook and stir for 5 minutes or until heated through.
- Serve with omelet.

Nutrition Facts



Properties

Glycemic Index:130.5, Glycemic Load:1.73, Inflammation Score:-8, Nutrition Score:26.215652299964%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 294.77kcal (14.74%), Fat: 19.21g (29.55%), Saturated Fat: 9.32g (58.23%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 7.25g (2.64%), Sugar: 5.77g (6.41%), Cholesterol: 360.33mg (120.11%), Sodium: 505.33mg (21.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.5g (44.99%), Vitamin K: 79.05µg (75.28%), Selenium: 40.41µg (57.72%), Vitamin B2: 0.95mg (56.13%), Phosphorus: 432.14mg (43.21%), Vitamin A: 1761.43IU (35.23%), Vitamin C: 27.33mg (33.13%), Calcium: 304.58mg (30.46%), Vitamin B5: 3.03mg (30.28%), Copper: 0.47mg (23.38%), Folate: 91.46µg (22.86%), Potassium: 797.6mg (22.79%), Vitamin B6: 0.45mg (22.29%), Vitamin B3: 4.29mg (21.43%), Zinc: 2.8mg (18.67%), Vitamin B12: 1.06µg (17.72%), Manganese: 0.34mg (17.03%), Iron: 3mg (16.68%), Vitamin D: 2.04µg (13.57%), Magnesium: 48.51mg (12.13%), Vitamin B1: 0.18mg (11.73%), Vitamin E: 1.6mg (10.68%), Fiber: 2.64g (10.56%)