



 **12%**
HEALTH SCORE

Loaded Veggie Omelet

 **Gluten Free**

READY IN



45 min.

SERVINGS



2

CALORIES



408 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 small shallots chopped
- 1 teaspoon garlic chopped
- 4 mushrooms sliced
- 4 mushrooms sliced
- 8 cherry tomatoes sliced
- 1 tablespoon basil fresh chopped
- 1 tablespoon basil fresh chopped
- 0.5 cup pkt spinach fresh chopped

- 4 eggs
- 0.5 cup cheese white
- 2 servings olive oil

Equipment

- frying pan
- oven
- spatula

Directions

- Preheat the oven to warm or 170 degrees. Bring a small saute pan or small omelet pan to a warm.
- Saute the veggies using the olive oil starting with the shallot and garlic, adding the mushrooms until they are tender. Toss in the tomatoes and spinach and remove the pan from the heat.
- Pour a layer of the egg into a small omelet pan or small saute pan. As the egg starts to cook run a spatula around the edge to loosen the egg. Once the egg is almost cooked (slightly runny on the top) sprinkle half the basil, cheese, and sauteed veggies on to one side of the egg. Gently fold the egg over the filling.
- Slide the omelet onto a small oven safe plate and put it in the oven.
- Repeat for the second omelet!

Nutrition Facts

 **PROTEIN 20.66%**  **FAT 70.12%**  **CARBS 9.22%**

Properties

Glycemic Index:161.5, Glycemic Load:1.46, Inflammation Score:-8, Nutrition Score:24.334782608696%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.8mg,

Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Taste

Sweetness: 41.25%, Saltiness: 100%, Sourness: 34.07%, Bitterness: 24.51%, Savoriness: 70.43%, Fattiness: 90.2%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 408.12kcal (20.41%), Fat: 32.38g (49.82%), Saturated Fat: 10.17g (63.56%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 7.68g (2.79%), Sugar: 4.73g (5.26%), Cholesterol: 355.61mg (118.54%), Sodium: 329.24mg (14.31%), Protein: 21.47g (42.95%), Selenium: 43.23µg (61.76%), Vitamin K: 55.92µg (53.26%), Vitamin B2: 0.88mg (51.95%), Phosphorus: 406.06mg (40.61%), Vitamin A: 1900.2IU (38%), Vitamin B5: 2.81mg (28.05%), Calcium: 277.33mg (27.73%), Vitamin C: 21.12mg (25.6%), Vitamin E: 3.72mg (24.77%), Folate: 89.94µg (22.48%), Copper: 0.41mg (20.55%), Vitamin B6: 0.39mg (19.27%), Zinc: 2.81mg (18.71%), Vitamin B12: 1.11µg (18.58%), Potassium: 641.49mg (18.33%), Vitamin B3: 3.44mg (17.19%), Iron: 2.97mg (16.49%), Manganese: 0.29mg (14.41%), Vitamin D: 2.09µg (13.93%), Magnesium: 41.71mg (10.43%), Vitamin B1: 0.15mg (9.98%), Fiber: 1.9g (7.62%)