



Mushroom and Fontina Omelet

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



447 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 2 teaspoons sherry dry
- 6 large eggs
- 1 ounce fontina shredded
- 0.3 teaspoon thyme sprigs fresh finely chopped
- 0.5 teaspoon kosher salt as needed plus more
- 1 tablespoon shallots finely chopped (from)
- 3 tablespoons butter unsalted

- 4 ounces mushrooms white stemmed cleaned sliced (6 medium)
- 4 teaspoons milk whole

Equipment

- bowl
- frying pan
- paper towels
- whisk
- spatula

Directions

- Melt 1 tablespoon of the butter in an 8-inch nonstick frying pan over medium-high heat until foaming.
- Add the shallot and cook, stirring occasionally, until softened, about 2 minutes.
- Add the mushrooms and thyme, season with a pinch each of salt and pepper, and cook, stirring rarely, until the mushrooms are golden brown, about 4 to 5 minutes.
- Add the sherry and cook until evaporated, about 1 minute.
- Transfer to small heatproof bowl and set aside. Wipe out the frying pan with a paper towel; set the pan aside.
- Whisk the eggs, milk, and measured salt and pepper in a large bowl until pale yellow and the egg yolks and whites are evenly combined. Set 2 serving plates aside. Melt 1 tablespoon of the butter in the reserved frying pan over medium heat until foaming.
- Add half of the egg mixture (about 3/4 cup) to the pan and stir constantly with a rubber spatula, moving the eggs around until they form small curds, about 2 to 3 minutes. Gently shake the pan and use the spatula to spread the egg mixture evenly across the pan—the top of the eggs should have a creamy consistency.
- Sprinkle with half of the cheese.
- Spread half of the mushroom mixture down the middle third of the egg mixture.
- Remove the pan from heat. Using the spatula, fold a third of the omelet over and onto itself, making sure to fold it over the filling. Gently push the folded side of the omelet toward the edge of the pan. Tilt the pan over one of the serving plates and roll the omelet onto the plate, seam side down. Repeat with the remaining tablespoon of butter, eggs, fontina, and

mushroom filling.

Serve immediately.

Nutrition Facts

PROTEIN 22.42% **FAT 73.25%** **CARBS 4.33%**

Properties

Glycemic Index:109.5, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:20.286956610887%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 447.26kcal (22.36%), Fat: 36.24g (55.75%), Saturated Fat: 18.42g (115.15%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 3.99g (1.45%), Sugar: 2.83g (3.15%), Cholesterol: 620.79mg (206.93%), Sodium: 917.64mg (39.9%), Alcohol: 0.51g (100%), Alcohol %: 0.25% (100%), Protein: 24.96g (49.91%), Selenium: 53.86µg (76.94%), Vitamin B2: 0.97mg (56.86%), Phosphorus: 414.51mg (41.45%), Vitamin B5: 3.29mg (32.91%), Vitamin A: 1493.85IU (29.88%), Vitamin B12: 1.69µg (28.09%), Vitamin D: 3.62µg (24.16%), Folate: 83.52µg (20.88%), Zinc: 2.82mg (18.81%), Calcium: 185.78mg (18.58%), Vitamin B6: 0.35mg (17.69%), Iron: 3.09mg (17.18%), Copper: 0.31mg (15.25%), Vitamin E: 2.12mg (14.1%), Potassium: 441.63mg (12.62%), Vitamin B3: 2.22mg (11.11%), Vitamin B1: 0.12mg (7.95%), Magnesium: 29.1mg (7.27%), Manganese: 0.13mg (6.5%), Fiber: 0.83g (3.3%), Vitamin K: 2.79µg (2.66%), Vitamin C: 1.99mg (2.41%)