

Mushroom Omelet

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 tablespoon butter
- 0.1 teaspoon caraway seeds
- 3 eggs
- 4 medium mushrooms fresh sliced
- 0.1 teaspoon lemon pepper
- 2 tablespoons milk
- 1 Dash pepper
- 0.1 teaspoon salt

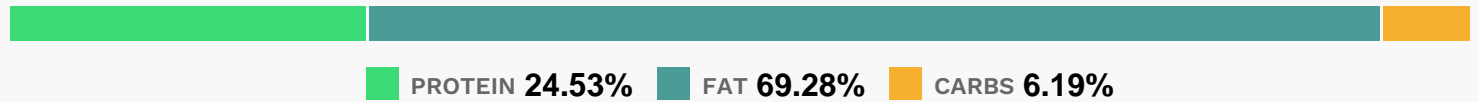
Equipment

- bowl
- frying pan

Directions

- In an 8-in. skillet, heat butter until it sizzles.
- Saute mushrooms, caraway seeds and lemon-pepper for 3-5 minutes.
- In a small bowl, beat the eggs, milk salt and pepper.
- Pour over mushrooms. Cook over medium heat. As eggs set, lift edges, letting uncooked portion flow underneath. When eggs are set, fold omelet in half.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:9.1186957022418%

Nutrients (% of daily need)

Calories: 162.35kcal (8.12%), Fat: 12.58g (19.35%), Saturated Fat: 5.96g (37.28%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.08g (0.75%), Sugar: 1.68g (1.87%), Cholesterol: 262.37mg (87.46%), Sodium: 291.63mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.05%), Selenium: 23.99µg (34.27%), Vitamin B2: 0.47mg (27.66%), Phosphorus: 179.46mg (17.95%), Vitamin B5: 1.62mg (16.17%), Vitamin B12: 0.69µg (11.58%), Vitamin A: 557.04IU (11.14%), Vitamin D: 1.56µg (10.38%), Folate: 37.39µg (9.35%), Copper: 0.17mg (8.29%), Vitamin B6: 0.16mg (8%), Iron: 1.37mg (7.64%), Zinc: 1.12mg (7.44%), Vitamin B3: 1.37mg (6.87%), Potassium: 233.78mg (6.68%), Calcium: 59.9mg (5.99%), Vitamin E: 0.87mg (5.81%), Vitamin B1: 0.06mg (4.33%), Magnesium: 13.73mg (3.43%), Manganese: 0.06mg (3.02%), Fiber: 0.45g (1.81%)