



Mushroom Spinach Omelet

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup mushrooms fresh chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper black
- ☐ 8 ounce carton liquid egg substitute
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon onion chopped
- ☐ 1 tablespoon parmesan cheese shredded
- ☐ 0.1 teaspoon pepper flakes red

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon cheddar cheese shredded
- ☐ 0.5 cup pkt spinach fresh chopped to taste

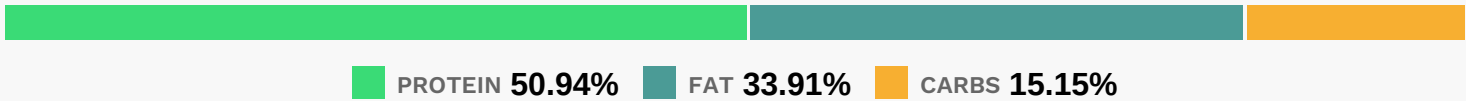
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk egg substitute, Cheddar cheese, Parmesan cheese, salt, black pepper, garlic powder, and red pepper flakes together in a bowl.
- ☐ Heat olive oil in a nonstick skillet over medium heat; cook and stir mushrooms and onion until tender, 4 to 5 minutes.
- ☐ Add spinach; cook until spinach wilts, 3 to 4 minutes.
- ☐ Pour in egg mixture; swirl pan around to evenly distribute egg mixture. Cook until egg is fully cooked and set in the middle, 5 to 10 minutes.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:0.38, Inflammation Score:-7, Nutrition Score:15.267826225447%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 109.54kcal (5.48%), Fat: 4.23g (6.51%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.67g (1.33%), Sugar: 3.04g (3.37%), Cholesterol: 5.95mg (1.98%), Sodium: 593.74mg (25.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.3g (28.59%), Selenium: 51.01µg (72.87%), Vitamin K: 38.16µg (36.34%), Vitamin B2: 0.58mg (34.03%), Vitamin B5: 2.29mg (22.86%), Vitamin A: 1058.38IU (21.17%), Vitamin E: 2.33mg (15.56%), Calcium: 153.04mg (15.3%), Iron: 2.66mg (14.8%), Phosphorus: 145.58mg (14.56%), Vitamin D: 1.9µg (12.67%), Vitamin B1: 0.17mg (11.14%), Potassium: 379mg (10.83%), Vitamin B6: 0.21mg (10.38%), Zinc: 1.52mg (10.15%), Folate: 38.94µg (9.73%), Vitamin B12: 0.47µg (7.84%), Magnesium: 28.39mg (7.1%), Copper: 0.12mg (5.97%), Manganese: 0.11mg (5.67%), Vitamin B3: 1.11mg (5.56%), Vitamin C: 3.55mg (4.3%), Fiber: 0.58g (2.33%)