



## Onion and Mushroom Scrambled Eggs

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



405 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tablespoons garlic and herb cheese spread boursin® (such as )
- 5 eggs
- 8 ounce mushrooms fresh sliced
- 1 clove garlic minced
- 2 servings salt and ground pepper black to taste
- 1.5 tablespoons penzey's southwest seasoning italian
- 1.5 tablespoons olive oil extra-virgin
- 1 onion sliced

0.3 cup mozzarella cheese shredded

## Equipment

bowl

frying pan

## Directions

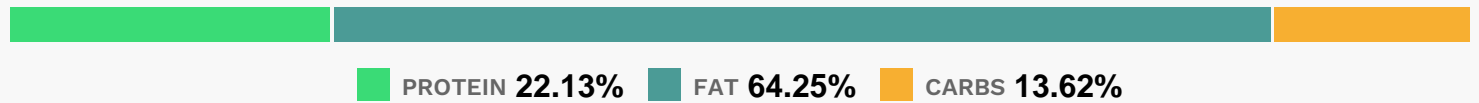
Heat olive oil in a skillet over medium heat; cook and stir mushrooms, onion, and garlic until onion is browned, about 15 minutes. Season with Italian seasoning.

Beat eggs with garlic and herb cheese spread in a bowl.

Mixture will be slightly chunky. Season with salt and black pepper.

Pour eggs in skillet over mushroom mixture; cook and stir until eggs are nearly set, about 1 minute. Fold mozzarella cheese into eggs until just melted, about 30 seconds.

## Nutrition Facts



## Properties

Glycemic Index:76.5, Glycemic Load:2.27, Inflammation Score:-6, Nutrition Score:24.159565303637%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

## Nutrients (% of daily need)

Calories: 405.49kcal (20.27%), Fat: 29.74g (45.76%), Saturated Fat: 9.74g (60.86%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 10.46g (3.8%), Sugar: 5.35g (5.94%), Cholesterol: 436.45mg (145.48%), Sodium: 345.03mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.05g (46.1%), Selenium: 48.15µg (68.79%), Vitamin B2: 1.05mg (61.64%), Phosphorus: 405.36mg (40.54%), Vitamin B5: 3.52mg (35.23%), Vitamin K: 30.8µg (29.34%), Copper: 0.49mg (24.64%), Vitamin B12: 1.45µg (24.17%), Calcium: 235.07mg (23.51%), Iron: 4.16mg (23.13%), Folate: 91.68µg (22.92%), Vitamin E: 3.41mg (22.75%), Vitamin B3: 4.45mg (22.23%), Vitamin B6: 0.44mg (21.79%), Manganese: 0.39mg (19.28%), Potassium: 661.59mg (18.9%), Zinc: 2.77mg (18.44%), Vitamin D: 2.5µg (16.68%),

Vitamin A: 785.76IU (15.72%), Fiber: 3.72g (14.88%), Vitamin B1: 0.18mg (11.77%), Magnesium: 43.31mg (10.83%),  
Vitamin C: 7.01mg (8.49%)