



Portobello Pesto Egg Omelette

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



1

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 egg whites
- 1 serving salt and ground pepper black to taste
- 0.3 cup mozzarella cheese shredded low-fat
- 1 teaspoon olive oil
- 1 teaspoon pesto prepared
- 1 portobello mushroom cap sliced
- 0.3 cup onion red chopped
- 1 teaspoon water

Equipment

- bowl
- frying pan
- whisk

Directions

- Heat the olive oil in a skillet over medium heat. Cook the portobello mushroom and red onion in the olive oil until the mushroom has softened, 3 to 5 minutes.
- Whisk the egg whites and water together in a small bowl; pour over the mushroom and onion mixture. Season the egg whites with salt and pepper. Cook, stirring occasionally, until the egg whites are no longer runny, about 5 minutes.
- Sprinkle the mozzarella cheese over the mixture; top with the pesto. Fold the omelette in half and continue cooking until the cheese melts, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:13.09260856587%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 223.6kcal (11.18%), Fat: 10.89g (16.75%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 7.23g (2.63%), Sugar: 5.13g (5.7%), Cholesterol: 18.48mg (6.16%), Sodium: 430.33mg (18.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.79%), Selenium: 43.9µg (62.71%), Vitamin B2: 0.73mg (43.09%), Phosphorus: 251.28mg (25.13%), Calcium: 249.72mg (24.97%), Vitamin B3: 3.98mg (19.89%), Potassium: 584.86mg (16.71%), Copper: 0.29mg (14.63%), Vitamin B5: 1.26mg (12.59%), Vitamin B6: 0.2mg (9.92%), Folate: 38.48µg (9.62%), Zinc: 1.33mg (8.87%), Fiber: 1.88g (7.51%), Manganese: 0.14mg (6.92%), Vitamin B12: 0.38µg

(6.36%), Magnesium: 23.92mg (5.98%), Vitamin B1: 0.08mg (5.2%), Vitamin A: 238.03IU (4.76%), Vitamin E: 0.64mg (4.28%), Vitamin C: 2.96mg (3.59%), Iron: 0.56mg (3.13%), Vitamin K: 3.18µg (3.03%), Vitamin D: 0.34µg (2.24%)