



Potato, Mushroom, and Pesto Omelet



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup baking potato diced cooked peeled
- ☐ 0.1 teaspoon pepper black
- ☐ 1 large eggs
- ☐ 4 large egg whites
- ☐ 1 cup mushrooms thinly sliced
- ☐ 1 tablespoon classic pesto
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.1 teaspoon salt

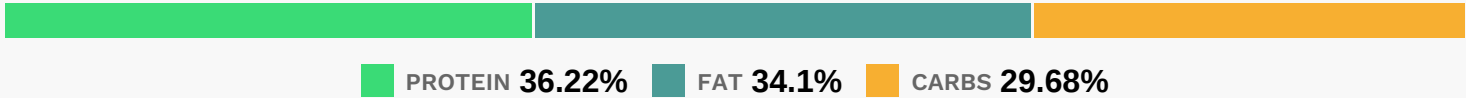
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Combine first 4 ingredients in a medium bowl, stirring with a whisk.
- ☐ Heat a small nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add mushrooms and bell pepper; saut 5 minutes.
- ☐ Pour egg mixture into pan; top with potato (do not stir). Cover, reduce heat to medium-low, and cook 8 minutes or until center is set.
- ☐ Spread Classic Pesto over omelet. Loosen omelet with a spatula, and cut in half. Slide omelet halves onto plates.

Nutrition Facts



Properties

Glycemic Index:90.38, Glycemic Load:5.93, Inflammation Score:-6, Nutrition Score:11.559565264246%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 144.44kcal (7.22%), Fat: 5.52g (8.49%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 9.3g (3.38%), Sugar: 2.77g (3.07%), Cholesterol: 93.6mg (31.2%), Sodium: 365.57mg (15.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.37%), Vitamin B2: 0.63mg (36.79%), Selenium: 25.51µg (36.45%), Vitamin C: 26.99mg (32.71%), Vitamin A: 870.41IU (17.41%), Potassium: 492.09mg (14.06%), Vitamin B5: 1.4mg (14.01%), Vitamin B6: 0.28mg (13.98%), Phosphorus: 126.35mg (12.63%), Vitamin B3: 2.39mg (11.96%), Copper: 0.23mg (11.47%), Folate: 36.39µg (9.1%), Manganese: 0.13mg (6.64%), Iron: 1.19mg (6.61%), Magnesium: 25.66mg (6.41%), Vitamin B1: 0.09mg (6.16%), Fiber: 1.51g (6.04%), Vitamin B12: 0.3µg (5.02%), Zinc:

0.75mg (4.99%), Vitamin D: 0.6µg (3.97%), Calcium: 38.96mg (3.9%), Vitamin E: 0.57mg (3.78%), Vitamin K: 1.87µg (1.78%)