



Quick Garden Omelet



Vegetarian



Gluten Free

READY IN



42 min.

SERVINGS



4

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup bagged baby spinach leaves coarsely chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 teaspoons butter divided
- ☐ 6 ounces pre cremini mushrooms
- ☐ 8 large eggs
- ☐ 2 ounces goat cheese crumbled
- ☐ 20 ounce potato wedges refrigerated red coarsely chopped (such as Simply Potatoes)
- ☐ 0.5 teaspoon salt divided

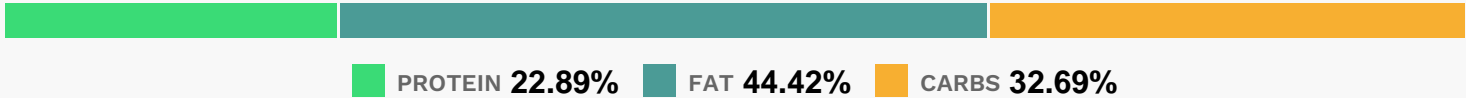
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ spatula

Directions

- ☐ Heat a 12-inch nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add potatoes to pan; saut 10 minutes, stirring occasionally. Stir in mushrooms and 1/4 teaspoon salt; saut 8 minutes or until potatoes are tender, stirring occasionally.
- ☐ Remove from pan; set aside.
- ☐ Wipe pan clean with paper towels. Melt 2 teaspoons butter in skillet over medium-high heat.
- ☐ Combine eggs, remaining 1/4 teaspoon salt, and pepper in a bowl, stirring with a whisk until eggs are frothy.
- ☐ Pour half of egg mixture into pan, and stir briskly with a heatproof spatula for about 10 seconds or until egg starts to thicken. Carefully loosen set edges of omelet with spatula, tipping the pan to pour uncooked egg to the sides. Continue this procedure for about 10 to 15 seconds or until almost no runny egg remains.
- ☐ Remove pan from heat; arrange half of potato mixture, 1/2 cup spinach, and 1/4 cup cheese over omelet in pan. Run spatula around edges and under omelet to loosen it from pan. Fold omelet in half. Slide omelet from pan onto a platter.
- ☐ Cut in half crosswise. Repeat procedure with remaining butter, egg mixture, potato mixture, spinach, and cheese.

Nutrition Facts



Properties

Glycemic Index:49.44, Glycemic Load:18.19, Inflammation Score:-8, Nutrition Score:24.174347836038%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 337.12kcal (16.86%), Fat: 16.76g (25.79%), Saturated Fat: 7.82g (48.86%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 24.15g (8.78%), Sugar: 2.37g (2.63%), Cholesterol: 389.27mg (129.76%), Sodium: 534.03mg (23.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.87%), Selenium: 42.72µg (61.02%), Vitamin B2: 0.78mg (45.94%), Vitamin K: 40.23µg (38.32%), Phosphorus: 371.38mg (37.14%), Vitamin C: 30.03mg (36.4%), Vitamin B6: 0.69mg (34.29%), Vitamin A: 1518.85IU (30.38%), Potassium: 975.38mg (27.87%), Copper: 0.55mg (27.74%), Vitamin B5: 2.7mg (27.01%), Folate: 96.75µg (24.19%), Manganese: 0.42mg (20.97%), Iron: 3.53mg (19.59%), Vitamin B3: 3.31mg (16.53%), Vitamin B12: 0.97µg (16.13%), Zinc: 2.35mg (15.65%), Fiber: 3.6g (14.41%), Magnesium: 57.16mg (14.29%), Vitamin B1: 0.21mg (14.01%), Vitamin D: 2.1µg (13.99%), Calcium: 110.42mg (11.04%), Vitamin E: 1.36mg (9.1%)