



WHATSheATE



Scrambled Egg Whites with Shiitake Mushrooms and Turkey Bacon



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 serving pepper black
- ☐ 3 eggs
- ☐ 0.3 teaspoon parsley fresh chopped
- ☐ 1 serving shiitake mushroom cut into julienne strips
- ☐ 2 slices at least of turkey bacon
- ☐ 1 tablespoon water

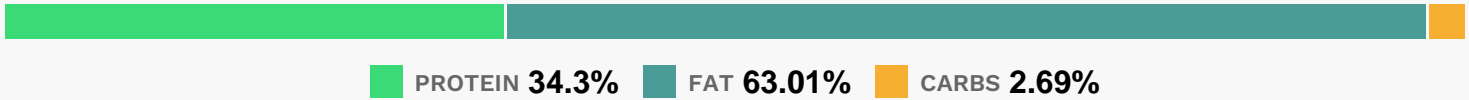
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a 9" nonstick skillet over medium high heat and coat with non-fat vegetable cooking spray.2 Take the two strips of turkey bacon and pan heat until cooked through and crispy ? approximately 1 – 2 minutes for each side.
- ☐ Remove the bacon from the pan and immediately3
- ☐ Place the mushrooms in the same skillet and sautÃ?Â© until slightly browned ? approximately 1 – 2 minutes.
- ☐ Remove from heat and set aside.4 In a small bowl, whisk together egg whites and water. Season to taste with the pepper.
- ☐ Place the eggs in the nonstick skillet and stir until cooked through – approximately 1 minute or until the edges begin to set. Do not overcook.5 Arrange the eggs and the mushrooms on a plate, sprinkle with parsley and add two strips of turkey bacon on the side.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:14.926522088764%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg

Nutrients (% of daily need)

Calories: 296.32kcal (14.82%), Fat: 20.37g (31.34%), Saturated Fat: 6.46g (40.35%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.9g (0.69%), Sugar: 0.51g (0.57%), Cholesterol: 518.48mg (172.83%), Sodium: 828.11mg (36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.91%), Selenium: 47.81µg (68.3%), Vitamin B2: 0.67mg (39.58%), Phosphorus: 391.45mg (39.15%), Vitamin B12: 1.28µg (21.26%), Vitamin B5: 2.04mg (20.4%), Vitamin D: 2.76µg (18.37%), Zinc: 2.56mg (17.1%), Iron: 2.92mg (16.2%), Folate: 64.75µg (16.19%), Vitamin B6: 0.32mg (15.86%), Vitamin A: 715.45IU (14.31%), Vitamin E: 1.68mg (11.17%), Potassium: 297.27mg (8.49%), Calcium: 77.39mg (7.74%), Copper: 0.14mg (7.11%), Magnesium: 24.49mg (6.12%), Vitamin B3: 1.13mg (5.64%), Vitamin B1: 0.07mg (4.66%), Vitamin K: 2.96µg (2.82%), Manganese: 0.05mg (2.6%)