



Smooth and Cheesy Omelet



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 cup curd cottage cheese
- ☐ 0.3 teaspoon basil leaves dried
- ☐ 4 eggs beaten
- ☐ 4 large mushrooms fresh sliced
- ☐ 2 servings ground pepper black to taste
- ☐ 1 tablespoon jalapeno chopped
- ☐ 1 tablespoon olive oil

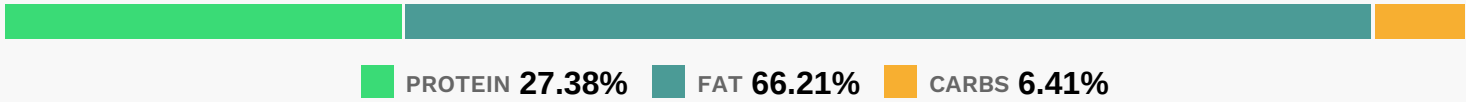
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in a skillet over medium heat.
- ☐ Add mushrooms and peppers; saute until soft.
- ☐ Sprinkle with basil and remove from pan.
- ☐ Pour eggs into pan and return to heat. Cook eggs until semi-solid, then flip.
- ☐ Place mushroom mixture and cheese on top of omelet. Season with pepper and fold in half. Cook until firm.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:13.448260846345%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 226.28kcal (11.31%), Fat: 16.69g (25.68%), Saturated Fat: 4.21g (26.29%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.89g (1.05%), Sugar: 2.25g (2.5%), Cholesterol: 331.82mg (110.61%), Sodium: 210.43mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.06%), Selenium: 33.88µg (48.4%), Vitamin B2: 0.64mg (37.46%), Phosphorus: 257.99mg (25.8%), Vitamin B5: 2.21mg (22.1%), Vitamin B12: 0.91µg (15.24%), Vitamin E: 2.24mg (14.94%), Folate: 54.76µg (13.69%), Vitamin D: 1.88µg (12.52%), Vitamin B6: 0.24mg (12.15%), Vitamin C: 9.86mg (11.95%), Vitamin A: 594.28IU (11.89%), Copper: 0.22mg (11.23%), Iron: 1.97mg (10.93%), Zinc: 1.5mg (10%), Vitamin B3: 1.86mg (9.28%), Potassium: 318.31mg (9.09%), Vitamin K: 8.17µg (7.78%), Calcium: 76.66mg (7.67%), Vitamin B1: 0.08mg (5.52%), Magnesium: 18.98mg (4.75%), Manganese: 0.08mg (3.95%), Fiber: 0.74g (2.97%)