



Spinach Mushroom Omelet

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



104 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 eggs
- ☐ 3 egg whites
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 cup green onion diced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 tablespoon cheddar cheese shredded reduced-fat

- ☐ 0.5 teaspoon olive oil
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 2 tablespoons bell pepper red finely chopped
- ☐ 0.1 teaspoon pepper flakes red
- ☐ 0.3 teaspoon salt
- ☐ 1 cup torn spinach fresh
- ☐ 0.5 cup tomatoes fresh diced

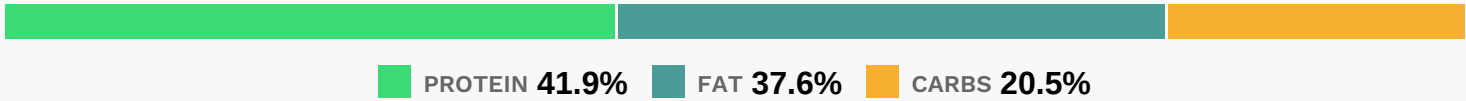
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Beat egg and egg whites in a small bowl.
- ☐ Mix in Parmesan cheese, Cheddar cheese, salt, red pepper flakes, garlic powder, nutmeg, and pepper.
- ☐ Heat oil in a large skillet over medium heat; cook and stir mushrooms, green onion, and bell pepper until tender, about 5 minutes.
- ☐ Place spinach in skillet and cook until just wilted. Stir in diced tomato and egg mixture; as eggs set, lift edges, letting uncooked portion flow underneath. Cook until egg mixture sets, 10 to 15 minutes; cut into wedges and serve immediately.

Nutrition Facts



Properties

Glycemic Index:136.5, Glycemic Load:0.98, Inflammation Score:-9, Nutrition Score:16.164782700331%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.17mg, Quercetin: 2.17mg,

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Nutrients (% of daily need)

Calories: 104.08kcal (5.2%), Fat: 4.45g (6.84%), Saturated Fat: 1.45g (9.03%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.67g (2.97%), Cholesterol: 84.75mg (28.25%), Sodium: 481.31mg (20.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.31%), Vitamin K: 102.79µg (97.9%), Vitamin A: 2318.19IU (46.36%), Vitamin C: 24.08mg (29.19%), Selenium: 19.68µg (28.12%), Vitamin B2: 0.47mg (27.41%), Folate: 63.96µg (15.99%), Phosphorus: 128.69mg (12.87%), Manganese: 0.26mg (12.82%), Potassium: 419.89mg (12%), Vitamin B5: 0.88mg (8.83%), Vitamin B6: 0.17mg (8.41%), Calcium: 82.58mg (8.26%), Copper: 0.16mg (8.15%), Magnesium: 31.53mg (7.88%), Vitamin E: 1.16mg (7.76%), Iron: 1.36mg (7.53%), Vitamin B3: 1.44mg (7.2%), Fiber: 1.66g (6.62%), Zinc: 0.82mg (5.5%), Vitamin B12: 0.3µg (4.95%), Vitamin B1: 0.07mg (4.68%), Vitamin D: 0.5µg (3.36%)