




 **20%**
HEALTH SCORE

Spring Omelet


 **Gluten Free**

READY IN




25 min.

SERVINGS



1

CALORIES



528 kcal

- MORNING MEAL
- BRUNCH
- BREAKFAST
- LUNCH

Ingredients

- 3 asparagus trimmed cut into 2-inch pieces
- 2 eggs
- 0.5 cup mushrooms fresh sliced
- 0.3 cup spring onion chopped
- 0.3 cup milk
- 1 tablespoon olive oil
- 0.5 cup parmesan cheese grated

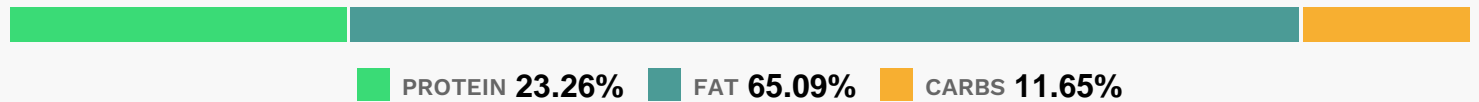
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat the olive oil in a large skillet over medium-high heat.
- Add the asparagus, mushrooms and onions; cook and stir until the asparagus is fairly soft, about 4 minutes.
- Whisk together the eggs and milk in a small bowl; pour over the sauteed vegetables and reduce the heat to medium. While the omelet cooks, lift the edge to allow the uncooked egg to flow underneath. When most of the egg is cooked, sprinkle Parmesan cheese over the top. Allow the cheese to melt slightly, then fold in half and serve.

Nutrition Facts



Properties

Glycemic Index:134, Glycemic Load:2.21, Inflammation Score:-8, Nutrition Score:29.573912827865%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Quercetin: 10.27mg, Quercetin: 10.27mg, Quercetin: 10.27mg, Quercetin: 10.27mg

Nutrients (% of daily need)

Calories: 527.53kcal (26.38%), Fat: 38.6g (59.39%), Saturated Fat: 13.62g (85.16%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 13.2g (4.8%), Sugar: 5.92g (6.58%), Cholesterol: 378.18mg (126.06%), Sodium: 1032.11mg (44.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.04g (62.08%), Vitamin K: 98.69µg (93.99%), Selenium: 51.44µg (73.49%), Phosphorus: 631.42mg (63.14%), Calcium: 603.41mg (60.34%), Vitamin B2: 0.95mg (55.66%), Vitamin A: 1701.73IU (34.03%), Vitamin B12: 1.81µg (30.11%), Zinc: 4.19mg (27.93%), Vitamin E: 3.96mg (26.37%), Vitamin B5: 2.61mg (26.14%), Folate: 98.81µg (24.7%), Iron: 3.6mg (20.02%), Vitamin D: 2.78µg (18.51%), Potassium: 646.68mg (18.48%), Copper: 0.35mg (17.75%), Vitamin B6: 0.34mg (17.06%), Vitamin B1: 0.21mg (13.91%), Magnesium: 53.09mg (13.27%), Vitamin B3: 2.55mg (12.73%), Vitamin C: 9.96mg (12.08%), Manganese: 0.22mg (11.07%), Fiber: 2.35g (9.42%)