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Swissroom Omelet ••

The Swissroom Omelet is a classic breakfast dish made with Swiss cheese and mushrooms. It is a savory and satisfying meal that is perfect for starting your day.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 pieces	Eggs
100 g	swiss cheese
100 g	Mushrooms
20 g	butter
0.5 tsp	Salt
0.5 tsp	Pepper

Directions

Step 1

Whisk the eggs in a bowl and season with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Heat butter in a non-stick pan over medium heat.

Prep Time: 0 mins

Cook Time: 1 mins

Step 3

Stove

Add mushrooms to the pan and cook until softened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stove

Pour the whisked eggs into the pan and spread evenly.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Stove

Place slices of Swiss cheese on one half of the omelet.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Stove

Fold the omelet in half and cook for another 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Remove from heat and let it rest for a minute before serving.

Prep Time: 0 mins

Cook Time: 1 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	350 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	15 mcg	100%	100%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Kitchen Tools

Slow Cooker

Course

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Difficulty Level

Medium

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