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Mushroom and Pepper Egg White Omelet ♦♦

This Mushroom and Pepper Egg White Omelet is a delicious and healthy breakfast option. Made with egg whites, mushrooms, and peppers, it is low in calories and high in protein. It is a great way to start your day!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

| | |
|--------------|------------|
| 200 g | Egg whites |
| 100 g | Mushrooms |
| 50 g | Peppers |
| 1 tsp | salt |

1 tsp pepper

2 tsp olive oil

Directions

Step 1

Stove

Heat olive oil in a non-stick pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Sautéing

Add mushrooms and peppers to the pan and sauté for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

In a separate bowl, whisk the egg whites with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Pour the egg whites over the sautéed mushrooms and peppers.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Stove

Cook for 3-4 minutes or until the egg whites are set.

Prep Time: 0 mins

Cook Time: 3 mins

Step 6

Gently fold the omelet in half and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 1 g

Protein: 30 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 30 g | 176.47% | 176.47% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 6 g | 10.91% | 12% |
| Fibers | 2 g | 5.26% | 8% |
| Sugars | 3 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 1 g | N/A | N/A |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Saturated Fat | 0 g | 0% | 0% |
| Fat | 1 g | 3.57% | 4% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 50 mg | 55.56% | 66.67% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 10 mcg | 416.67% | 416.67% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 2 mg | 0.2% | 0.2% |
| Iron | 4 mg | 50% | 22.22% |
| Potassium | 10 mg | 0.29% | 0.38% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Zinc | 4 mg | 36.36% | 50% |
| Selenium | 15 mcg | 27.27% | 27.27% |

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Difficulty Level

Medium

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