SPANISH · BREAKFAST · LUNCH

Spanish Mushroom and Spinach Omelette

35 min · Serves 8 · 147 kcal a serve · Video 8:54 · Spain on a Fork

Vegetarian · Gluten-free ingredients · Dairy-free · Nut-free

A whole pound of mushrooms and a bag of spinach make this olive-oil omelette veg-heavy: each wedge has more than a day's vitamin K, is a good source of folate and has about 8 g protein and 4 g net carbs.

Diet notes: Keto (4.1 g net carbs a serve).

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Ingredients

8 · SERVES 8

- [ ] 3 tbsp (45 ml) **olive oil** (extra virgin), for the vegetables
- [ ] 1 large **onion**, roughly chopped
- [ ] 450 g **white mushrooms**, halved
- [ ] 240 g **fresh spinach**, roughly chopped
- [ ] 2 pinches of **sea salt** (one for the vegetables, one for the omelette mix)
- [ ] **freshly cracked black pepper**, to taste
- [ ] 6 **eggs**
- [ ] 1 tbsp (15 ml) **olive oil** (extra virgin), for the pan

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat 3 tbsp oil in a large (about 28–32 cm) non-stick pan over medium heat and cook the onion for 6–7 minutes until soft and translucent. 1:45
2. Add the mushrooms, spread them out and let them sear for a minute between stirs; keep going for 5–6 minutes until lightly browned. 3:13
3. Add the spinach in batches and stir until wilted. Season with salt and pepper and take the pan off the heat. 3:59
4. Whisk the eggs with a little salt and pepper in a large bowl, stir in the vegetables and leave for a couple of minutes. 4:43
5. Heat 1 tbsp oil in the same pan over low-medium heat, pour in the egg mixture and level it. Cook 4–5 minutes, running a spatula around the edge so it doesn't stick. 5:30
6. Flip it onto a plate slightly smaller than the pan, slide it back in, tuck the edges in with the spatula and cook 3–4 minutes more until set through. 6:19

> **Tip** Serves 8 as wedges (the cook's written recipe); cut it in 4 for a bigger meal. Good warm or at room temperature, and keeps 2 days in the fridge for lunches.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
147 kcal	**7.6** g	**5.7** g	**1.7** g	**11** g	**170** mg
610 kJ	15% of a day	4.1 g net · 2.7 g sugars 2% of a day	6% of a day	2.2 g saturated 14% of a day	7% of a day

Energy from net carbs 11% · protein 21% · fat 68% — fits keto: 4.1 g net carbs, 68% of the energy from fat

High in (20%+ of a day) Vitamin K 124% · Selenium 31% · Vitamin A 22% · Folate 22%

Source of (10–19%) Vitamin B12 18% · Vitamin C 13% · Vitamin E 13% · Vitamin B6 11%

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=KAc1V6qeiVg, published 17 March 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-spanish-mushroom-spinach-omelette