

# Mushroom Swiss Omelet

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mushroom-swiss-omelet-recipe>

## Ingredients:

- mushrooms Sauteed
- 1/2 tablespoon olive oil extra virgin
- 2 ounces mushrooms 1 cup sliced, cremini, aka baby bellas or white button mushrooms
- 1/2 teaspoon garlic minced
- pepper
- salt
- 3 egg Omelet
- 3 large eggs at room temperature
- 2 teaspoons milk or use water - both are optional
- 1 pinch salt
- 1 tablespoon butter
- 2 tablespoons Swiss cheese grated, Gruyere is also excellent
- mushrooms Sauteed
- olive oil Add the, to a skillet or heavy-bottomed frying pan over medium-high heat.
- 1/2 tablespoon olive oil
- oil
- sliced mushrooms
- 2 ounces mushrooms
- salt
- pepper
- minced garlic
- mushrooms
- 1/2 teaspoon garlic
- 3 large eggs with a pinch of salt and the optional milk or water. Then, whisk or blend with a fork to combine.
- 3 large eggs
- 1 pinch salt
- 2 teaspoons milk

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 645 milligrams
4. Fat: 33 grams
5. Fiber: 2 grams
6. Protein: 23 grams
7. SaturatedFat: 9 grams
8. Sodium: 780 milligrams
9. Sugar: 3 grams

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