

Keto Vegetarian Lunch

🕒 20 min 🍽️ 4 servings

81 Kcal / serving

3g Protein 6g Fat 6g Carbs

Ingredients

- Salt, 0.3 teaspoon (1.6 g)
- Oregano, 0.5 teaspoon (1 g)
- Basil, 0.5 teaspoon (0.5 g)
- Feta cheese, 0.3 cup (39.2 g)
- Olive oil, 1 servings (14 g)
- Mushrooms, 96 g
- Pepper, 0.3 teaspoon (0.5 g)
- Bell pepper, 1 portion (119.1 g)
- Garlic powder, 0.5 teaspoon (1.4 g)
- Onion, 0.5 portion (52.9 g)
- Cherry tomatoes, 0.5 cup (74.5 g)



Instructions

Heat the olive oil in a large frying pan over medium heat.

Add the onion and bell pepper and cook until softened, about 5 minutes.

Add the mushrooms, tomatoes, garlic powder, oregano, basil, salt, and pepper. Cook until the mushrooms are tender, about 5 minutes.

Stir in the feta cheese and cook until melted, about 1 minute.

Serve warm.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	323.6	80.8	80.9
Protein [g]	11.5	2.9	2.9
Fat [g]	23.2	5.8	5.8
Carbs [g]	22.1	5.5	5.5
Fiber [g]	5.7	1.4	1.4
Net Carbs [g]	16.4	4.1	4.1



Protein Fat Carbs

Macronutrient breakdown per ingredient (total)

	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Salt 0.3 teaspoon (1.6 g)	-	-	-	-	-	-
Oregano 0.5 teaspoon (1 g)	2.5	0.1	-	0.7	0.4	0.3
Basil 0.5 teaspoon (0.5 g)	1.1	0.1	-	0.2	0.2	-
Feta cheese 0.3 cup (39.2 g)	103.5	5.6	8.3	1.6	-	1.6
Olive oil 1 servings (14 g)	123.8	-	14	-	-	-
Mushrooms 96 g	21.1	3	0.3	3.1	1	2.1
Pepper 0.3 teaspoon (0.5 g)	1.3	0.1	-	0.3	0.1	0.2
Bell pepper 1 portion (119.1 g)	31	1.2	0.4	7.2	2.5	4.7
Garlic powder 0.5 teaspoon (1.4 g)	4.8	0.2	-	1	0.1	0.9
Onion 0.5 portion (52.9 g)	21.2	0.6	0.1	4.9	0.9	4
Cherry tomatoes 0.5 cup (74.5 g)	13.4	0.7	0.1	3	0.5	2.5

Micronutrient summary

	TOTAL	/100 G	/SERVING
Sugars [g]	12.7	3.2	3.2
Fiber [g]	5.7	1.4	1.4
Calcium, Ca [mg]	254.9	63.6	63.7
Iron, Fe [mg]	2.9	0.7	0.7
Magnesium, Mg [mg]	50.4	12.6	12.6
Phosphorus, P [mg]	291.3	72.7	72.8
Potassium, K [mg]	869.5	217	217.4
Sodium, Na [mg]	986.8	246.3	246.7
Zinc, Zn [mg]	2.2	0.5	0.6
Copper, Cu [mg]	0.5	0.1	0.1
Fluoride, F [ug]	0	0	0
Manganese, Mn [mg]	0.5	0.1	0.1
Selenium, Se [ug]	16	4	4
Vitamin A, IU [IU]	4281.9	1068.8	1070.5
Retinol [ug]	49	12.2	12.3
Vitamin A, RAE [ug]	50	12.5	12.5
Carotene, beta [ug]	12.7	3.2	3.2
Vitamin E [mg]	4.6	1.1	1.2
Vitamin D [ug]	0.3	0.1	0.1
Lycopene [ug]	1.9	0.5	0.5
Lutein + zeaxanthin [ug]	23.7	5.9	5.9
Tocopherol, beta [mg]	0	0	0
Vitamin C [mg]	175.4	43.8	43.9
Thiamin [mg]	0.3	0.1	0.1
Riboflavin [mg]	0.9	0.2	0.2
Niacin [mg]	5.6	1.4	1.4
Vitamin B6 [mg]	0.8	0.2	0.2
Folate, total [ug]	107.9	26.9	27
Vitamin B12 [ug]	0.7	0.2	0.2
Menaquinone-4 [ug]	0	0	0

Dihydrophyllloquinone [ug]	0	0	0
Vitamin K [ug]	32.3	8.1	8.1
Folate, food [ug]	16.3	4.1	4.1
Folate, DFE [ug]	16.3	4.1	4.1
Betaine [mg]	0.2	0	0.1
Threonine [g]	0.3	0.1	0.1
Isoleucine [g]	0.3	0.1	0.1
Leucine [g]	0.6	0.1	0.2
Methionine [g]	0.1	0	0
Cystine [g]	0	0	0
Phenylalanine [g]	0.3	0.1	0.1
Vitamin E, added [mg]	0	0	0
Vitamin B12, added [ug]	0	0	0
Cholesterol [mg]	34.9	8.7	8.7
Sat Fat [g]	8	2	2
Phytosterols [mg]	33.4	8.3	8.4
Stigmasterol [mg]	0	0	0
Beta-sitosterol [mg]	0	0	0
Fatty acids, total monounsaturated [g]	12.1	3	3
Fatty acids, total polyunsaturated [g]	2.1	0.5	0.5
Fatty acids, total transpolyenoic [g]	0	0	0
Net Carbs [g]	16.4	4.1	4.1