



Asparagus Crab Omelets

 **Gluten Free**

READY IN



30 min.

SERVINGS



2

CALORIES



417 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 asparagus fresh trimmed
- 2 tablespoons butter divided
- 6 ounces crabmeat flaked drained canned
- 4 eggs
- 1 Dash pepper
- 0.5 cup plum tomatoes diced
- 2 ounces provolone cheese shredded

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- steamer basket

Directions

- Place asparagus in a steamer basket.
- Place in a saucepan over 1 in. of water; bring to a boil. Cover and steam for 4–5 minutes or until crisp–tender; set aside. In a small bowl, whisk the eggs, salt and pepper. Stir in tomatoes.
- Melt 1 tablespoon butter in a small skillet over medium heat; add half of the egg mixture. As eggs set, lift edges, letting uncooked portion flow underneath. When the eggs are set, spoon half of the crab, asparagus and provolone cheese over one side; fold omelet over filling. Cover and let stand for 1–2 minutes or until cheese is melted. Repeat for second omelet.

Nutrition Facts

PROTEIN 33.95% **FAT 60.8%** **CARBS 5.25%**

Properties

Glycemic Index:89.5, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:29.114348121311%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 416.69kcal (20.83%), Fat: 28.07g (43.19%), Saturated Fat: 15.01g (93.78%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.95g (3.28%), Cholesterol: 459.52mg (153.17%), Sodium: 903.83mg (39.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.27g (70.54%), Selenium: 68.86µg (98.37%), Vitamin B12: 4.05µg (67.55%), Phosphorus: 556.46mg (55.65%), Copper: 0.89mg (44.47%), Vitamin A: 1932.08IU (38.64%), Vitamin B2: 0.66mg (38.59%), Zinc: 5.66mg (37.76%), Calcium: 362.01mg (36.2%), Folate: 121.83µg (30.46%), Vitamin K: 26.85µg (25.57%), Vitamin B5: 2.53mg (25.32%), Vitamin E: 3.74mg (24.94%), Vitamin B6: 0.39mg (19.73%), Iron: 3.31mg (18.37%), Potassium: 622mg (17.77%), Vitamin C: 13.6mg (16.48%), Vitamin B3: 3.28mg

(16.38%), Magnesium: 62.71mg (15.68%), Vitamin D: 1.9µg (12.68%), Manganese: 0.24mg (12%), Vitamin B1: 0.15mg (10.1%), Fiber: 1.73g (6.92%)