



Asparagus, Gruyere and Tarragon Souffleed Omelet

READY IN



40 min.

SERVINGS



2

CALORIES



482 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 pound asparagus trimmed
- 4 large eggs separated
- 2 tablespoons flour all-purpose
- 1 tablespoon tarragon leaves fresh minced to taste
- 0.7 cup coarsely gruyère grated
- 1 medium onion red sliced thin
- 1.5 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- hand mixer
- aluminum foil
- spatula

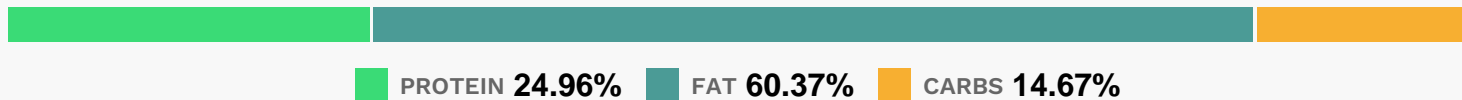
Directions

- Preheat the oven to 375 degrees F.
- In a 10-inch non-stick skillet simmer the asparagus in salted water to cover for 3 to 5 minutes, or until it is just tender.
- Drain the asparagus, shock in ice water, and pat dry with paper towels.
- In the skillet, cook the onion with salt and pepper, to taste, in 1 tablespoon of the butter over moderate heat, stirring frequently, for 5 minutes, or until the onion is golden, and transfer the mixture to the bowl. In the same skillet, heat asparagus until warmed through.
- Add the asparagus to the onions.
- Wipe out the same skillet and heat the remaining 1/2 tablespoon butter over moderate heat until it is melted, tilting the skillet to coat it with the butter, and remove it from the heat.
- In a bowl, whisk the egg yolks with the flour and salt and pepper, to taste, until the mixture is thick and lemon-colored.
- Add the onions and asparagus to the egg yolks.
- In another bowl with an electric mixer, beat the egg whites with a pinch of salt until they just hold stiff peaks, fold them into the yolk mixture gently but thoroughly, and pour the egg mixture into the skillet, spreading it evenly. (If the skillet handle is plastic, wrap it in a double thickness of foil.)
- Bake the omelet in the middle of the oven for 7 minutes, or until it is puffed and almost cooked through. Spoon the Gruyere and tarragon, and a dash of salt and pepper down the

middle of the omelet, and with a spatula fold the omelet in half to enclose the filling.

- Bake the omelet in the middle of the oven for 1 minute more, or until the cheese is melted and the omelet is cooked through.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:6.97, Inflammation Score:-9, Nutrition Score:28.739565227343%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 9.22mg, Isorhamnetin: 9.22mg, Isorhamnetin: 9.22mg, Isorhamnetin: 9.22mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 27.02mg, Quercetin: 27.02mg, Quercetin: 27.02mg, Quercetin: 27.02mg

Nutrients (% of daily need)

Calories: 482.31kcal (24.12%), Fat: 32.76g (50.39%), Saturated Fat: 16.99g (106.16%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 14.12g (5.14%), Sugar: 5.02g (5.58%), Cholesterol: 442.98mg (147.66%), Sodium: 464.1mg (20.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.47g (60.95%), Selenium: 42.76µg (61.09%), Calcium: 583.78mg (58.38%), Phosphorus: 560.69mg (56.07%), Vitamin B2: 0.84mg (49.53%), Vitamin K: 49.64µg (47.28%), Vitamin A: 2224.9IU (44.5%), Folate: 144.45µg (36.11%), Iron: 5.85mg (32.49%), Manganese: 0.62mg (30.8%), Vitamin B12: 1.61µg (26.86%), Zinc: 3.91mg (26.07%), Vitamin B6: 0.46mg (23.14%), Vitamin B5: 2.2mg (22.03%), Vitamin B1: 0.32mg (21.47%), Vitamin E: 2.71mg (18.09%), Copper: 0.36mg (17.9%), Potassium: 599.25mg (17.12%), Vitamin D: 2.42µg (16.14%), Magnesium: 63.22mg (15.81%), Fiber: 3.78g (15.11%), Vitamin C: 12.17mg (14.75%), Vitamin B3: 2.05mg (10.27%)