



Cajun Omelet With Shrimp

 Gluten Free

READY IN



48 min.

SERVINGS



4

CALORIES



718 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1.3 cups andouille sausage sliced
- ☐ 5 teaspoons butter divided
- ☐ 1 rib celery chopped
- ☐ 1 teaspoon creole seasoning divided
- ☐ 12 large eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 4 servings hot sauce

- ☐ 6 oz monterrey jack cheese shredded
- ☐ 0.5 medium onion chopped
- ☐ 2 small plum tomatoes seeded chopped
- ☐ 1 cup and shrimp raw deveined peeled chopped
- ☐ 0.5 medium size bell pepper red chopped

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Melt 1 tsp. butter in a 10-inch nonstick heavy skillet over medium-high heat; add sausage, and cook, stirring occasionally, 6 to 7 minutes or until sausage is well browned.
- ☐ Add tomatoes, next 4 ingredients, and 1/2 tsp. Creole seasoning. Cook 5 to 7 minutes or until vegetables are tender and most of liquid has evaporated. Stir shrimp into sausage mixture; cook 1 minute or just until shrimp turn pink.
- ☐ Remove from skillet.
- ☐ Whisk together eggs, parsley, and remaining 1/2 tsp. Creole seasoning.
- ☐ Melt 1 tsp. butter in skillet coated with cooking spray over medium heat, rotating pan to evenly coat bottom.
- ☐ Pour one-fourth of egg mixture into skillet. As egg mixture starts to cook, gently lift edges of omelet with a spatula, and tilt pan so uncooked portion flows underneath. Cook until almost set (about 1 minute). Cover skillet, and cook 1 minute.
- ☐ Sprinkle 1 side of omelet with one-fourth each sausage mixture and cheese. Fold omelet in half over filling. Slide omelet onto a serving plate; cover with aluminum foil to keep warm. Repeat procedure 3 times with remaining butter, egg mixture, sausage mixture, and cheese.
- ☐ Serve with hot sauce.

Nutrition Facts



 **PROTEIN 29.05%**  **FAT 67.05%**  **CARBS 3.9%**

Properties

Glycemic Index:75, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:32.883478682974%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 718.27kcal (35.91%), Fat: 53.15g (81.76%), Saturated Fat: 22.67g (141.67%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 5.84g (2.13%), Sugar: 3.67g (4.08%), Cholesterol: 747.39mg (249.13%), Sodium: 1451.3mg (63.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.81g (103.62%), Selenium: 85.33µg (121.89%), Phosphorus: 760.35mg (76.03%), Vitamin B2: 1.02mg (60.08%), Vitamin B12: 3.08µg (51.33%), Vitamin A: 2447.86IU (48.96%), Calcium: 452.21mg (45.22%), Zinc: 5.75mg (38.31%), Vitamin B5: 3.22mg (32.15%), Vitamin C: 26.33mg (31.92%), Vitamin B6: 0.64mg (31.78%), Vitamin B3: 6.14mg (30.7%), Vitamin D: 4.35µg (29%), Folate: 106.59µg (26.65%), Vitamin E: 3.84mg (25.6%), Iron: 4.24mg (23.53%), Vitamin K: 22.25µg (21.19%), Potassium: 706.98mg (20.2%), Vitamin B1: 0.3mg (19.85%), Copper: 0.31mg (15.68%), Magnesium: 62.5mg (15.62%), Manganese: 0.16mg (8.09%), Fiber: 1.11g (4.43%)