



Cheddar, Onion, and Red Bell Pepper Souffléd Omelet



Vegetarian



Gluten Free

READY IN



4500 min.

SERVINGS



8

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 oz cheddar 2% extra-sharp grated reduced-fat (made from milk)
- ☐ 0.3 teaspoon cream of tartar
- ☐ 7 large egg whites
- ☐ 2 large egg yolks
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 3 cups milk 1%

- ☐ 1 cup onion chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon butter unsalted
- ☐ 0.5 cup cornmeal yellow

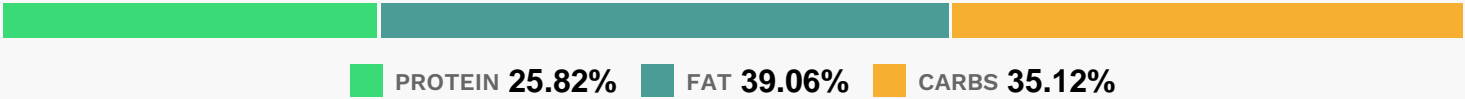
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375°F.
- ☐ Cook onion and bell pepper in butter in a 2-quart heavy saucepan over moderate heat, stirring frequently, until softened.
- ☐ Add milk and bring to a boil.
- ☐ Add cornmeal in a slow stream, whisking, and cook over low heat, stirring constantly, until thickened, about 5 minutes.
- ☐ Remove from heat and cool 5 minutes.
- ☐ Whisk in cheese, parsley, yolks, pepper, and 1/2 teaspoon of salt.
- ☐ Beat whites with cream of tartar and remaining 1/2 teaspoon salt in a large bowl with an electric mixer on medium speed until they just hold stiff peaks. Fold one fourth of whites into cornmeal mixture to lighten, then fold cornmeal mixture gently but thoroughly into remaining whites. Spoon mixture into a greased 3-quart casserole and smooth top.
- ☐ Bake in middle of oven until puffed and golden brown, 30 to 35 minutes.
- ☐ Serve immediately.
- ☐ Each serving has about 170 calories and 6 grams fat
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:5.08, Inflammation Score:-7, Nutrition Score:11.538695573807%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 178.59kcal (8.93%), Fat: 7.76g (11.94%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 13.98g (5.09%), Sugar: 6.46g (7.18%), Cholesterol: 65.17mg (21.72%), Sodium: 470.47mg (20.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.54g (23.08%), Vitamin C: 26.65mg (32.3%), Calcium: 227.65mg (22.76%), Vitamin B2: 0.37mg (21.6%), Phosphorus: 210.74mg (21.07%), Selenium: 14.75µg (21.07%), Vitamin A: 1052.72IU (21.05%), Vitamin K: 18µg (17.14%), Vitamin B12: 0.8µg (13.32%), Vitamin B6: 0.22mg (10.86%), Zinc: 1.41mg (9.39%), Potassium: 325.8mg (9.31%), Vitamin D: 1.29µg (8.62%), Magnesium: 33.33mg (8.33%), Vitamin B1: 0.11mg (7.55%), Folate: 29.39µg (7.35%), Vitamin B5: 0.71mg (7.08%), Fiber: 1.71g (6.86%), Manganese: 0.13mg (6.52%), Vitamin E: 0.58mg (3.89%), Iron: 0.66mg (3.64%), Vitamin B3: 0.6mg (3.02%), Copper: 0.05mg (2.66%)