



Fines Herbs Omelette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



473 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 tablespoon chervil fresh chopped
- ☐ 2 extra large eggs
- ☐ 0.8 tablespoon chives fresh sliced thin
- ☐ 0.5 teaspoon tarragon fresh sliced thin
- ☐ 2 ounces goat cheese plain
- ☐ 1 pinch kosher salt
- ☐ 2 tablespoons milk

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 tablespoon parsley fresh italian chopped
- ☐ 2 ounces roasted peppers red julienned

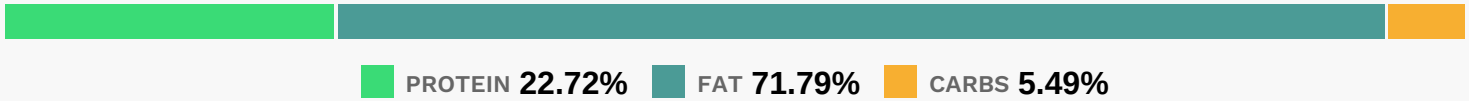
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ To make the Fines Herbs, combine the parsley, chervil, chives and tarragon in a small bowl and set aside.
- ☐ Break the eggs into a small bowl, and then add the milk, 2 tablespoons Fines Herbs, salt and pepper and whisk with a fork.
- ☐ Preheat an 8-inch nonstick saute pan over medium hot heat and swirl the olive oil into the pan.
- ☐ Pour in the egg mixture and swirl it in the pan. For a few seconds, gently stir the egg mixture with a heat resistant rubber spatula (as if you were going to make scrambled eggs) and then swirl the eggs in the pan to make a nice round appearance. Reduce the heat to avoid any color or scorching. Continue cooking for about 1 minute. The eggs will be set on the bottom, but slightly liquid on top.
- ☐ Flip the omelet, and remove it from the heat. Crumble the goat cheese over the center of the omelet and top it off with the roasted peppers. Tri-fold the omelet and plate immediately.

Nutrition Facts



Properties

Glycemic Index:217, Glycemic Load:0.9, Inflammation Score:-8, Nutrition Score:24.265651972398%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 472.71kcal (23.64%), Fat: 37.94g (58.37%), Saturated Fat: 14.32g (89.48%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 5.31g (1.93%), Sugar: 2.42g (2.69%), Cholesterol: 446.32mg (148.77%), Sodium: 1198.27mg (52.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.02g (54.03%), Selenium: 37.52µg (53.6%), Vitamin B2: 0.82mg (48.3%), Vitamin K: 47.88µg (45.6%), Phosphorus: 425.79mg (42.58%), Vitamin A: 1989.98IU (39.8%), Vitamin C: 32.08mg (38.89%), Copper: 0.6mg (29.87%), Iron: 4.88mg (27.09%), Calcium: 253.39mg (25.34%), Vitamin B6: 0.5mg (25.22%), Vitamin B5: 2.25mg (22.55%), Vitamin E: 3.33mg (22.21%), Vitamin B12: 1.27µg (21.11%), Folate: 83.55µg (20.89%), Vitamin D: 2.8µg (18.65%), Manganese: 0.36mg (17.79%), Zinc: 2.49mg (16.58%), Potassium: 466.99mg (13.34%), Magnesium: 41.44mg (10.36%), Vitamin B1: 0.13mg (8.75%), Fiber: 1.22g (4.89%), Vitamin B3: 0.94mg (4.7%)