



Fluffy Corn and Goat Cheese Omelet



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



503 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup kernels from 1 ear of corn
- ☐ 3 eggs separated
- ☐ 4 chives fresh chopped
- ☐ 0.3 cup goat cheese crumbled
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon butter unsalted

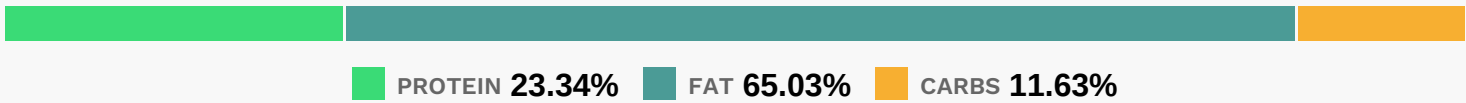
Equipment

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

Directions

- ☐ In a medium bowl, whisk together the egg yolks, salt, pepper, and corn. In another bowl, beat the egg whites until soft peaks form. Gently fold the egg whites into the yolk mixture until no trace of white remains. Melt the butter in a large nonstick skillet over medium heat.
- ☐ Add the egg mixture and cook, without stirring, until the eggs begin to set but are still slightly runny in the center, about 1 minute. Draw the eggs from the edge of the skillet to the center and cook until almost set.
- ☐ Sprinkle half the omelet with 3/4 of the cheese and 3/4 of the chives. Using a spatula, fold the omelet over, forming a half-moon. Cook until set.
- ☐ Sprinkle the remaining cheese and chives over half the folded omelet. Fold the omelet again, forming a triangle. Slide the omelet onto a plate.
- ☐ Serve immediately. Tip: If the omelet is still runny on top but beginning to brown on the bottom, place the skillet (if it's ovenproof) under the broiler for about 30 seconds before folding the omelet.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:0.06, Inflammation Score:-8, Nutrition Score:21.801739278047%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 503.14kcal (25.16%), Fat: 36.89g (56.75%), Saturated Fat: 19.84g (124%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 13.24g (4.81%), Sugar: 5.62g (6.24%), Cholesterol: 547.24mg (182.41%), Sodium: 990.23mg (43.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.58%), Selenium: 42.74µg (61.05%), Vitamin B2: 0.87mg (51.09%), Phosphorus: 477.24mg (47.72%), Vitamin A: 1959.95IU (39.2%), Vitamin B5: 2.96mg (29.61%), Copper: 0.56mg (28.09%), Folate: 103.96µg (25.99%), Vitamin B6: 0.44mg (22.02%), Vitamin B12: 1.31µg (21.77%), Iron: 3.86mg (21.45%), Vitamin D: 3.08µg (20.51%), Zinc: 2.6mg (17.32%), Calcium: 163.33mg (16.33%), Vitamin B1: 0.21mg (13.93%), Magnesium: 54.15mg (13.54%), Manganese: 0.26mg (13.04%), Vitamin E: 1.87mg (12.5%), Potassium: 411.31mg (11.75%), Vitamin K: 11.54µg (10.99%), Vitamin C: 7.25mg (8.79%), Vitamin B3: 1.66mg (8.3%), Fiber: 1.61g (6.45%)