



## Goat Cheese and Fresh Herb Omelet

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



396 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 ounce goat cheese fresh at room temperature (goat cheese)
- 3 large eggs
- 2 teaspoons herbs: rosemary fresh such as parsley, chervil, or chives, plus more to garnish finely chopped
- 0.3 teaspoon kosher salt
- 1 tablespoon butter unsalted
- 2 teaspoons milk whole

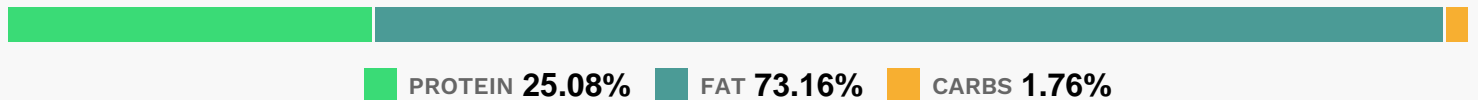
## Equipment

- bowl
- frying pan
- whisk
- spatula

## Directions

- In a small bowl and using a rubber spatula, mash the goat cheese with the measured herbs until combined; set aside.
- Whisk the eggs, milk, salt, and pepper in a medium bowl until pale yellow and the egg yolks and whites are evenly combined. Set a serving plate aside. Melt the butter in an 8-inch nonstick frying pan over medium heat until foaming.
- Add the egg mixture and stir constantly with a rubber spatula, moving the eggs around the pan until they form small curds, about 2 to 3 minutes. Gently shake the pan and use the spatula to spread the egg mixture evenly across the pan—the top of the eggs should have a creamy consistency. Evenly spoon the goat cheese mixture down the middle third of the egg mixture.
- Remove the pan from heat. Using the spatula, fold a third of the omelet over and onto itself. Gently push the folded side of the omelet toward the edge of the pan. Tilt the pan over the serving plate and roll the omelet onto the plate, seam side down.
- Garnish with additional herbs and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:102, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:17.339130519525%

## Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

## Nutrients (% of daily need)

Calories: 396.42kcal (19.82%), Fat: 31.93g (49.12%), Saturated Fat: 16.21g (101.3%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.3g (1.44%), Cholesterol: 602.34mg (200.78%), Sodium: 904.2mg (39.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.63g (49.26%), Selenium: 47.19µg (67.41%), Vitamin B2: 0.81mg (47.79%), Phosphorus: 383.55mg (38.35%), Vitamin A: 1487.13IU (29.74%), Vitamin B5: 2.55mg (25.49%), Vitamin B12: 1.47µg (24.44%), Vitamin D: 3.43µg (22.89%), Folate: 74.67µg (18.67%), Iron: 3.21mg (17.82%), Vitamin B6: 0.33mg (16.67%), Copper: 0.32mg (16.1%), Zinc: 2.26mg (15.04%), Calcium: 141.09mg (14.11%), Vitamin E: 1.96mg (13.07%), Potassium: 237.28mg (6.78%), Magnesium: 24.56mg (6.14%), Vitamin B1: 0.09mg (5.77%), Vitamin K: 5.66µg (5.39%), Manganese: 0.1mg (5.25%), Vitamin B3: 0.26mg (1.28%)