



Omelet Soufflé

 **Gluten Free**

READY IN



15 min.

SERVINGS



15

CALORIES



43 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 3 large eggs separated
- 0.5 cup gruyere cheese shredded
- 15 servings sea salt
- 1.5 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- oven

- whisk
- hand mixer
- broiler

Directions

- Preheat the broiler and position a rack in the center of the oven. In a large bowl, using a whisk or a handheld electric mixer, beat the egg whites until soft peaks form.
- In a small bowl, whisk the egg yolks with the salt and one-fourth of the beaten egg whites. Fold the yolk mixture into the remaining beaten whites until no streaks remain.
- In an 8-inch ovenproof skillet, melt the butter. Scrape the omelet mixture into the skillet and shake gently to evenly distribute the eggs.
- Sprinkle the cheese all over and transfer the skillet to the oven. Broil the omelet for about 3 minutes, until lightly browned and very puffy. Carefully slide the omelet onto a plate, folding it in half.
- Serve right away.

Nutrition Facts

PROTEIN 24.45% **FAT 74.71%** **CARBS 0.84%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5756521715742%

Nutrients (% of daily need)

Calories: 42.51kcal (2.13%), Fat: 3.51g (5.4%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 0.09g (0.03%), Net Carbohydrates: 0.09g (0.03%), Sugar: 0.05g (0.06%), Cholesterol: 45.05mg (15.02%), Sodium: 239.56mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Selenium: 3.72µg (5.32%), Calcium: 50.5mg (5.05%), Phosphorus: 46.76mg (4.68%), Vitamin B2: 0.06mg (3.44%), Vitamin B12: 0.16µg (2.7%), Vitamin A: 130.7IU (2.61%), Zinc: 0.3mg (2.02%), Vitamin B5: 0.18mg (1.8%), Vitamin D: 0.25µg (1.65%), Folate: 5.18µg (1.3%), Vitamin B6: 0.02mg (1.03%), Iron: 0.18mg (1.02%)