



## Omelet with Strawberries



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



3

CALORIES



364 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- ☐ 4 large eggs beaten at room temperature
- ☐ 3 tablespoons mint leaves fresh finely chopped
- ☐ 2 tablespoons granulated sugar
- ☐ 1 tablespoon heavy cream
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 tablespoon olive oil extra-virgin
- ☐ 5.5 teaspoons powdered sugar

- ☐ 7 medium to 8 strawberries hulled thinly sliced
- ☐ 1 tablespoon butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon citrus champagne vinegar

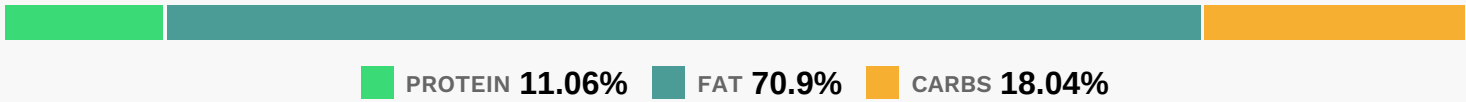
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

## Directions

- ☐ Watch how to make this recipe.
- ☐ For the strawberries: Toss together the strawberries, granulated sugar and vinegar in a small bowl. Allow the mixture to stand for 15 minutes. Strain before using.
- ☐ Whisk together the eggs, granulated sugar, cream and salt until smooth in a medium bowl. Stir in the mint.
- ☐ Heat the butter and oil over medium-high heat in a 10-inch nonstick skillet.
- ☐ Add the egg mixture and cook until almost set, about 4 minutes. Spoon the strawberry mixture down the center of the omelet. Fold the edges of the omelet over the strawberries. Cook until the egg mixture has set, 3 to 4 minutes.
- ☐ For the whipped cream: Beat the cream, powdered sugar and vanilla in a large mixing bowl until the cream holds stiff peaks.
- ☐ Cut the omelet into slices and serve with whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:36.7, Glycemic Load:6.22, Inflammation Score:-7, Nutrition Score:10.899999872498%

## Flavonoids

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Nutrients (% of daily need)

Calories: 363.6kcal (18.18%), Fat: 28.74g (44.22%), Saturated Fat: 15.1g (94.35%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 15.5g (5.63%), Sugar: 14.66g (16.29%), Cholesterol: 308.51mg (102.84%), Sodium: 497.37mg (21.62%), Alcohol: 0.46g (100%), Alcohol %: 0.34% (100%), Protein: 10.09g (20.17%), Selenium: 22.04µg (31.48%), Vitamin A: 1348.98IU (26.98%), Vitamin B2: 0.41mg (24.3%), Vitamin C: 18.35mg (22.24%), Phosphorus: 169.88mg (16.99%), Vitamin D: 2.12µg (14.12%), Vitamin B5: 1.19mg (11.93%), Folate: 45.68µg (11.42%), Vitamin B12: 0.67µg (11.21%), Vitamin E: 1.64mg (10.91%), Manganese: 0.19mg (9.65%), Iron: 1.63mg (9.04%), Calcium: 85.39mg (8.54%), Vitamin B6: 0.15mg (7.45%), Zinc: 1.07mg (7.14%), Potassium: 211.1mg (6.03%), Magnesium: 19.23mg (4.81%), Copper: 0.09mg (4.31%), Fiber: 0.96g (3.84%), Vitamin K: 3.98µg (3.79%), Vitamin B1: 0.05mg (3.12%), Vitamin B3: 0.28mg (1.4%)