



Parsley-Crouton Omelets with Gruyère

READY IN



45 min.

SERVINGS



4

CALORIES



518 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 12 large eggs
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 1 small garlic clove finely chopped
- ☐ 1 cup gruyère cheese
- ☐ 0.3 teaspoon salt
- ☐ 1 scant teaspoon salt
- ☐ 0.3 cup butter unsalted
- ☐ 4 teaspoons water

- ☐ 2 cups bread white firm cubed ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Toss bread cubes with butter in a shallow baking pan, then bake until golden and crisp, 10 to 15 minutes.
- ☐ Sprinkle with salt.
- ☐ Stir together parsley and garlic in a small bowl. Coarsely grate cheese (1 cup).
- ☐ Beat together 3 eggs, 1 teaspoon water, scant 1/4 teaspoon salt, and 1/8 teaspoon pepper in a bowl with a fork until combined.
- ☐ Heat omelet pan over moderately high heat until hot, then add 1 tablespoon butter and heat, swirling pan, until foam subsides and begins to brown near edge of pan.
- ☐ Pour beaten eggs into skillet, then cook, shaking pan back and forth quickly with one hand while stirring eggs in a circular pattern with a heatproof rubber spatula with the other hand, until eggs begin to set. Quickly spread set eggs evenly in skillet and sprinkle with 1/4 cup cheese and 1 tablespoon parsley-garlic mixture, then cook until omelet is just set, about 30 seconds to 1 minute.
- ☐ Add one fourth of croutons (about 1/3 cup) across center of omelet. Holding handle of pan near you, lift edge of omelet closest to handle using a rubber spatula and fold one third of omelet over croutons. Grabbing handle from underneath, tilt pan over plate until unfolded part of omelet slides onto plate, then immediately invert skillet, as if trying to cover plate, to make omelet fold over itself onto plate. Make 3 more omelets in same manner.

Nutrition Facts



 **PROTEIN 24.36%**  **FAT 65.39%**  **CARBS 10.25%**

Properties

Glycemic Index:42.19, Glycemic Load:8.06, Inflammation Score:-8, Nutrition Score:27.510434668997%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 517.71kcal (25.89%), Fat: 37.31g (57.4%), Saturated Fat: 18.42g (115.12%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 12.32g (4.48%), Sugar: 1.96g (2.17%), Cholesterol: 624.8mg (208.27%), Sodium: 707.48mg (30.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.27g (62.55%), Vitamin K: 125.8µg (119.81%), Selenium: 56.32µg (80.46%), Phosphorus: 531.37mg (53.14%), Vitamin B2: 0.85mg (49.71%), Calcium: 481.23mg (48.12%), Vitamin A: 2110.85IU (42.22%), Vitamin B12: 1.89µg (31.45%), Folate: 110.67µg (27.67%), Vitamin B5: 2.66mg (26.59%), Zinc: 3.53mg (23.5%), Vitamin D: 3.41µg (22.74%), Iron: 3.94mg (21.91%), Vitamin B6: 0.32mg (15.98%), Vitamin E: 2.11mg (14.04%), Vitamin B1: 0.2mg (13.52%), Vitamin C: 10.21mg (12.37%), Manganese: 0.24mg (11.91%), Magnesium: 40.66mg (10.16%), Potassium: 311.37mg (8.9%), Copper: 0.17mg (8.32%), Vitamin B3: 1.33mg (6.65%), Fiber: 0.84g (3.38%)