



## Ramp Pesto Omelette with Asparagus and Goat Cheese

 **Gluten Free**

READY IN



**20 min.**

SERVINGS



**1**

CALORIES



**270 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 4 spears asparagus cleaned trimmed
- 1 teaspoon bacon grease
- 2 eggs lightly beaten
- 1 tablespoon goat cheese crumbled at room temperature
- 1 tablespoon ramp pesto
- 1 serving salt and pepper to taste

### Equipment

frying pan

## Directions

- Melt the butter in a pan over medium heat in a small pan. Meanwhile mix the eggs, ramp pesto, salt and pepper
- Pour the eggs into the pan and top with the goat cheese and asparagus. Cook without disturbing until the eggs have set, about 2–4 minutes. Slide the omelette out of the pan and enjoy.

## Nutrition Facts

**PROTEIN 23.52%** **FAT 70.06%** **CARBS 6.42%**

## Properties

Glycemic Index:32, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:14.522174037021%

## Flavonoids

Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

## Nutrients (% of daily need)

Calories: 269.53kcal (13.48%), Fat: 20.93g (32.2%), Saturated Fat: 7.34g (45.88%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 2.73g (0.99%), Sugar: 2.13g (2.37%), Cholesterol: 338.8mg (112.93%), Sodium: 517.8mg (22.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Selenium: 28.88µg (41.26%), Vitamin B2: 0.55mg (32.09%), Vitamin A: 1406.06IU (28.12%), Vitamin K: 27.14µg (25.85%), Phosphorus: 243.36mg (24.34%), Folate: 76.32µg (19.08%), Iron: 3.26mg (18.13%), Vitamin B5: 1.62mg (16.2%), Copper: 0.29mg (14.35%), Vitamin B12: 0.81µg (13.5%), Vitamin D: 1.92µg (12.77%), Vitamin B6: 0.24mg (12.14%), Vitamin E: 1.7mg (11.31%), Calcium: 108.51mg (10.85%), Zinc: 1.61mg (10.76%), Vitamin B1: 0.14mg (9.1%), Potassium: 254.4mg (7.27%), Manganese: 0.14mg (7.01%), Fiber: 1.58g (6.34%), Magnesium: 21.76mg (5.44%), Vitamin C: 3.58mg (4.34%), Vitamin B3: 0.75mg (3.76%)