



Seafood Omelets with Creamy Cheese Sauce

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 ounce surimi crab sticks canned
- ☐ 0.3 cup chicken broth
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon dijon mustard
- ☐ 4 eggs beaten
- ☐ 0.3 cup heavy cream
- ☐ 1 dash nutmeg

- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded
- ☐ 6 ounce salad shrimp canned

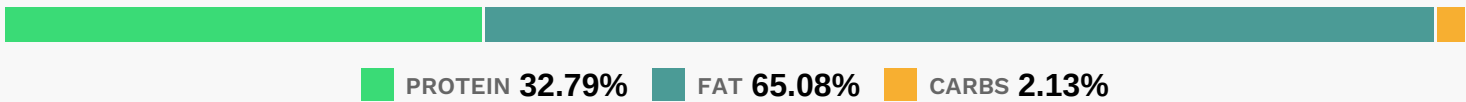
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Prepare the filling by stirring Dijon mustard into chicken broth in a saucepan until dissolved. Bring to a simmer over medium-high heat, then add 1/4 cup cream and 2 tablespoons butter. Reduce heat to medium, and simmer until reduced by half, then stir in crab and shrimp; keep warm over low heat.
- ☐ Prepare the sauce by warming 1/4 cup cream, and 1 teaspoon mustard over medium heat. Once hot, whisk in the shredded cheese, then season to taste with nutmeg, salt, and pepper. Keep warm over low heat.
- ☐ Whisk eggs, 1/4 cup cream, salt, and pepper together until smooth.
- ☐ Heat an 8-inch non-stick skillet over medium heat, and lightly oil with cooking spray.
- ☐ Pour 1/4 cup of the egg mixture into hot pan, and swirl to make a thin, even layer of egg. Cook until firmed, then flip and cook for a few seconds more to firm the other side.
- ☐ To prepare omelets, spoon some of the seafood filling into the lower half of each omelet.
- ☐ Roll up into a cylinder.
- ☐ Serve 2 per person bathed with Cheddar sauce.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:10.661304450553%

Nutrients (% of daily need)

Calories: 237.09kcal (11.85%), Fat: 17.11g (26.32%), Saturated Fat: 9.35g (58.45%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.6g (0.67%), Cholesterol: 222.53mg (74.18%), Sodium: 657.66mg (28.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.39g (38.78%), Selenium: 28.02µg (40.02%), Phosphorus: 282.56mg (28.26%), Vitamin B12: 1.43µg (23.84%), Calcium: 204.1mg (20.41%), Copper: 0.38mg (18.79%), Zinc: 2.59mg (17.27%), Vitamin B2: 0.27mg (15.99%), Vitamin A: 612.8IU (12.26%), Vitamin B5: 0.85mg (8.51%), Folate: 33.1µg (8.27%), Vitamin E: 1.19mg (7.91%), Magnesium: 31.53mg (7.88%), Potassium: 221.18mg (6.32%), Vitamin D: 0.86µg (5.72%), Vitamin B6: 0.11mg (5.66%), Iron: 0.91mg (5.06%), Vitamin B3: 0.86mg (4.31%), Manganese: 0.06mg (3.21%), Vitamin B1: 0.03mg (2.32%), Vitamin K: 1.32µg (1.26%), Vitamin C: 1.01mg (1.23%)