



Seafood Omelets with Creamy Cheese Sauce

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 ounce surimi crab sticks canned
- ☐ 0.3 cup chicken broth
- ☐ 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

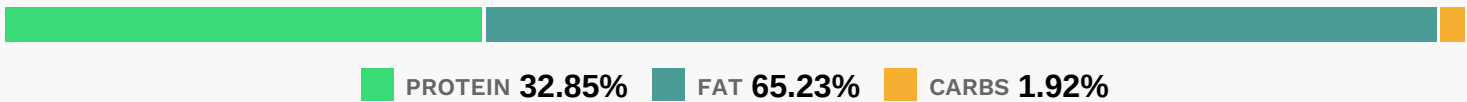
Equipment

- ☐ 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:29.83, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:10.476956576109%

Nutrients (% of daily need)

Calories: 235.56kcal (11.78%), Fat: 17.02g (26.19%), Saturated Fat: 9.35g (58.41%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.56g (0.63%), Cholesterol: 222.53mg (74.18%), Sodium: 630.16mg (27.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.29g (38.57%), Selenium: 27.17µg (38.81%), Phosphorus: 279.86mg (27.99%), Vitamin B12: 1.43µg (23.84%), Calcium: 202.53mg (20.25%), Copper: 0.37mg (18.7%), Zinc: 2.57mg (17.16%), Vitamin B2: 0.27mg (15.89%), Vitamin A: 611.03IU (12.22%), Vitamin B5: 0.84mg (8.44%), Folate: 32.92µg (8.23%), Vitamin E: 1.18mg (7.85%), Magnesium: 30.33mg (7.58%), Potassium: 217.43mg (6.21%), Vitamin D: 0.86µg (5.72%), Vitamin B6: 0.11mg (5.58%), Iron: 0.87mg (4.84%), Vitamin B3: 0.85mg (4.24%), Manganese: 0.05mg (2.69%), Vitamin B1: 0.03mg (2.01%), Vitamin C: 1mg (1.22%), Vitamin K: 1.28µg (1.22%)