



WHATSheATE



Smoked Salmon and Cream Cheese Omelette with Green Onions

 Gluten Free

READY IN



7 min.

SERVINGS



4

CALORIES



474 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup cream cheese room temperature
- ☐ 8 eggs
- ☐ 4 green onions finely chopped
- ☐ 0.3 cup heavy cream
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 pound salmon smoked
- ☐ 2 tablespoon butter unsalted

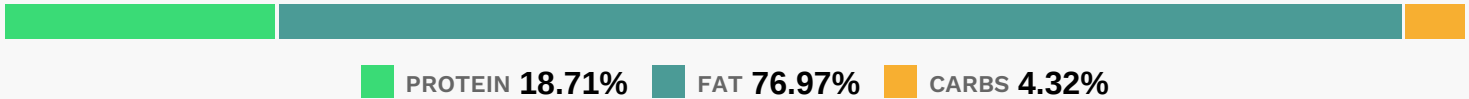
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Whisk eggs and heavy cream together in a large mixing bowl.
- ☐ Take a large nonstick pan and set over medium heat. When the pan is heated add the butter and spread out evenly over the surface of the pan. Once it starts to foam turn the heat down and add eggs. Using a spatula swirl the eggs quickly in a circular motion as you gently shake the pan back and forth to cook evenly, you don't want any color.
- ☐ Once the eggs begin to set, drop the pieces of salmon, small spoonfuls of cream cheese, and green onions over the top. Season with salt and pepper, then as you slide it out onto your cutting board, roll 1 side over the top as you go to form an omelette.
- ☐ Slice crosswise into portions and serve.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.04, Inflammation Score:-7, Nutrition Score:18.818260851114%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 473.55kcal (23.68%), Fat: 40.6g (62.46%), Saturated Fat: 21.59g (134.95%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 4.8g (1.75%), Sugar: 3.18g (3.53%), Cholesterol: 425.23mg (141.74%), Sodium: 606.23mg (26.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.2g (44.4%), Selenium: 44.74µg (63.91%), Vitamin D: 8.57µg (57.11%), Vitamin B12: 2.18µg (36.27%), Vitamin B2: 0.61mg (35.94%), Vitamin A: 1784.02IU (35.68%),

Phosphorus: 311.86mg (31.19%), Vitamin K: 27.46µg (26.16%), Vitamin B5: 2.06mg (20.57%), Vitamin E: 2.29mg (15.26%), Vitamin B6: 0.3mg (14.97%), Folate: 55.73µg (13.93%), Calcium: 129.07mg (12.91%), Iron: 2.13mg (11.82%), Zinc: 1.63mg (10.84%), Vitamin B3: 1.98mg (9.89%), Potassium: 312.76mg (8.94%), Copper: 0.17mg (8.73%), Magnesium: 26.22mg (6.56%), Vitamin B1: 0.07mg (4.47%), Manganese: 0.07mg (3.48%), Vitamin C: 2.35mg (2.84%), Fiber: 0.34g (1.35%)