



Striped Omelet



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



316 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 13 large eggs
- ☐ 1 tablespoon basil fresh finely chopped
- ☐ 0.5 cup heavy cream
- ☐ 3 tablespoons olive oil
- ☐ 3 medium bell peppers red
- ☐ 0.4 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 1.5 cups coarsely sharp cheddar white grated

☐ 2 lb swiss chard green red

Equipment

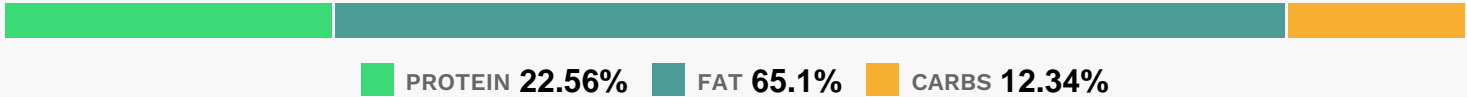
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ loaf pan
- ☐ cake form
- ☐ tongs
- ☐ colander
- ☐ broiler pan

Directions

- ☐ Roast bell peppers on racks of gas burners over high heat, turning with tongs, until skins are charred, 6 to 8 minutes. (Alternatively, broil peppers on rack of a broiler pan about 5 inches from heat, turning occasionally, 15 to 25 minutes.)
- ☐ Transfer to a bowl and let stand, tightly covered, until cool. Peel peppers, discarding stems and seeds, and finely chop.
- ☐ Heat 1 1/2 tablespoons oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking, then sauté peppers, stirring frequently, until tender and excess liquid is evaporated, 5 to 10 minutes. Stir in basil and salt and pepper to taste.
- ☐ Transfer to a bowl and cool.
- ☐ Cook chard leaves in a 4- to 6-quart pot of boiling salted water, uncovered, until tender, 2 to 3 minutes.
- ☐ Drain in a colander and rinse under cold water to stop cooking. Squeeze handfuls of chard to remove excess moisture, then finely chop.
- ☐ Cook shallot in remaining 1 1/2 tablespoons oil in cleaned skillet over moderate heat, stirring occasionally, until softened and beginning to brown, 4 to 5 minutes.

- ☐ Add chard and cook, stirring occasionally, until mixture looks dry, 2 to 3 minutes. Stir in salt and pepper to taste and cool.
- ☐ Preheat oven to 450°F.
- ☐ Break 4 eggs into each of 2 bowls, then add 1/8 teaspoon salt and pepper to taste to each and whisk to combine eggs in each bowl.
- ☐ Whisk 3 tablespoons crème fraîche into 1 bowl of eggs until smooth, then stir in bell pepper mixture.
- ☐ Whisk 1/4 cup crème fraîche into other bowl of eggs until smooth, then stir in chard mixture.
- ☐ Pour bell pepper eggs into oiled loaf pan and bake in a hot water bath in middle of oven until firm to the touch, 18 to 20 minutes (about 13 minutes if using round cake pan).
- ☐ Pour chard eggs into loaf pan and continue to bake until layer is firm, 18 to 20 minutes more (about 13 minutes if using round cake pan).
- ☐ While chard layer bakes, break remaining 5 eggs into a bowl, then add remaining 1/8 teaspoon salt and pepper to taste and whisk to combine.
- ☐ Whisk in Cheddar and remaining 1/4 cup crème fraîche, then pour cheese eggs into loaf pan and bake until layer is lightly browned and slightly puffed, about 20 minutes (about 16 minutes if using round cake pan).
- ☐ Transfer loaf pan to a rack and cool omelet 5 minutes.
- ☐ Invert a long platter over loaf pan and invert omelet onto platter.
- ☐ Serve hot, warm, or at room temperature.
- ☐ ·Bell peppers can be roasted and peeled (but not sautéed) 2 days ahead and chilled, covered.
·Bell pepper, chard, and cheese egg mixtures can be prepared (but not baked) 1 day ahead and chilled separately, covered. Bring to room temperature before proceeding.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:31.059565170952%

Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 6.59mg, Kaempferol: 6.59mg, Kaempferol: 6.59mg, Kaempferol: 6.59mg Myricetin: 3.52mg, Myricetin: 3.52mg, Myricetin: 3.52mg, Myricetin: 3.52mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 316.03kcal (15.8%), Fat: 23.34g (35.91%), Saturated Fat: 8.85g (55.31%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 6.96g (2.53%), Sugar: 4.57g (5.07%), Cholesterol: 331.92mg (110.64%), Sodium: 611.73mg (26.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.2g (36.4%), Vitamin K: 948.62µg (903.44%), Vitamin A: 9086.72IU (181.73%), Vitamin C: 91.91mg (111.4%), Selenium: 32.63µg (46.61%), Vitamin B2: 0.63mg (37.09%), Phosphorus: 337.18mg (33.72%), Vitamin E: 4.68mg (31.17%), Magnesium: 115.83mg (28.96%), Calcium: 274.07mg (27.41%), Manganese: 0.52mg (25.81%), Vitamin B6: 0.43mg (21.33%), Iron: 3.83mg (21.25%), Folate: 82.59µg (20.65%), Potassium: 695.85mg (19.88%), Vitamin B5: 1.74mg (17.4%), Vitamin B12: 0.98µg (16.3%), Zinc: 2.42mg (16.17%), Copper: 0.29mg (14.31%), Fiber: 2.99g (11.97%), Vitamin D: 1.75µg (11.68%), Vitamin B1: 0.12mg (7.7%), Vitamin B3: 0.99mg (4.96%)