



Sweet Potato, Tarragon, and Goat Cheese Omelet

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 5 tablespoons butter divided
- 12 eggs
- 4 servings parsley fresh chopped
- 5 ounces goat cheese
- 4 servings pepper black freshly ground
- 1 cup onion finely chopped
- 1 large sweet potatoes and into peeled cut into 1/4 inch pieces

- 1 tablespoon tarragon finely chopped

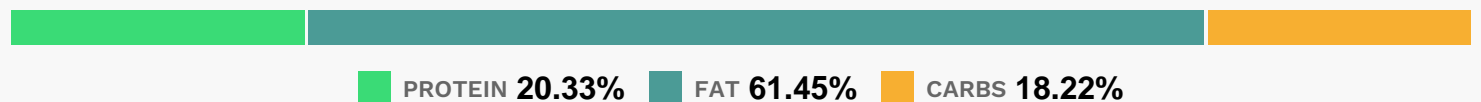
Equipment

- bowl
- frying pan
- spatula

Directions

- In a 10-inch non-stick skillet melt 1 tablespoon butter over medium high heat. When butter has melted add onion and cook until onions just begin to brown, about 4 minutes.
- Add sweet potato, tarragon, and 1/4 cup water and cover with a lid. Cook, stirring often until sweet potato is fully cooked, about 15 minutes.
- Place cooked sweet potato in a bowl and season to taste with salt and pepper. Wipe out skillet.
- Beat 3 eggs in a large bowl and season with salt.
- Heat butter in the skillet over medium high heat until melted.
- Add the beaten eggs, and using a rubber spatula to gently move the edges of the omelet. Once the edges of the omelet are cooked but the center is still a bit runny, add 1/4 of the sweet potato and 1/4 of the goat cheese down the center of the omelet. Fold each side of omelet over the center and carefully lift or roll onto a plate. Repeat with remaining ingredients and garnish each omelet with chopped parsley.
- Serve.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:9.85, Inflammation Score:-10, Nutrition Score:27.873478454092%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 503.74kcal (25.19%), Fat: 34.46g (53.02%), Saturated Fat: 18.36g (114.77%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 19.48g (7.08%), Sugar: 6.1g (6.78%), Cholesterol: 544.97mg (181.66%), Sodium: 482.07mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.29%), Vitamin A: 13986.95IU (279.74%), Vitamin K: 69.71µg (66.39%), Selenium: 42.49µg (60.7%), Vitamin B2: 0.83mg (49.06%), Phosphorus: 415.78mg (41.58%), Vitamin B5: 3.03mg (30.3%), Vitamin B6: 0.59mg (29.26%), Copper: 0.52mg (25.88%), Manganese: 0.5mg (25.09%), Iron: 4.41mg (24.51%), Folate: 94.66µg (23.66%), Vitamin B12: 1.27µg (21.2%), Calcium: 188.33mg (18.83%), Vitamin D: 2.78µg (18.54%), Potassium: 616.76mg (17.62%), Zinc: 2.48mg (16.53%), Vitamin E: 2.12mg (14.11%), Fiber: 3.52g (14.07%), Magnesium: 55.35mg (13.84%), Vitamin C: 11.19mg (13.57%), Vitamin B1: 0.17mg (11.41%), Vitamin B3: 0.99mg (4.94%)