



The Big Easy Crawfish Omelet

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1.5 ounces seasoning cubes diced reduced-fat finely
- ☐ 4 large egg whites
- ☐ 2 large eggs
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.3 cup goat meat cooked chopped
- ☐ 0.3 cup mushrooms sliced
- ☐ 2 tablespoons processed cheese food light shredded (such as Velveeta)

- ☐ 1 tablespoon penzey's southwest seasoning
- ☐ 1 teaspoon cream fat-free sour
- ☐ 1 tablespoon water

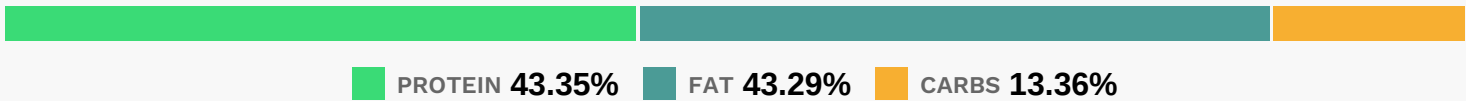
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Combine first 5 ingredients, stirring with a whisk.
- ☐ Combine crawfish, All That Jazz Seasoning, and sour cream.
- ☐ Heat a small nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add mushrooms and ham; saut 3 minutes.
- ☐ Pour egg mixture into pan; let egg mixture set slightly. Tilt pan and carefully lift edges of omelet with a spatula; allow uncooked portion to flow underneath cooked portion. Cook 3 minutes; flip omelet. Spoon crawfish mixture onto half of omelet. Carefully loosen omelet with a spatula; fold in half. Gently slide omelet onto a plate; top with cheese.
- ☐ Cut omelet in half.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:17.910434805829%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 229.93kcal (11.5%), Fat: 11.2g (17.22%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 4.43g (1.61%), Sugar: 2.03g (2.25%), Cholesterol: 224.36mg (74.79%), Sodium: 745.67mg (32.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.22g (50.45%), Selenium: 39.48µg (56.4%), Vitamin K: 49.74µg (47.37%), Vitamin B2: 0.68mg (40%), Calcium: 310.78mg (31.08%), Phosphorus: 270.59mg (27.06%), Iron: 4.05mg (22.52%), Manganese: 0.41mg (20.62%), Vitamin B6: 0.33mg (16.69%), Vitamin B5: 1.53mg (15.32%), Vitamin B3: 3.01mg (15.03%), Vitamin E: 2.03mg (13.56%), Fiber: 3.34g (13.36%), Vitamin B12: 0.78µg (12.94%), Folate: 50.14µg (12.54%), Vitamin A: 612.33IU (12.25%), Potassium: 417.25mg (11.92%), Magnesium: 44.31mg (11.08%), Zinc: 1.44mg (9.62%), Copper: 0.16mg (8.24%), Vitamin D: 1.14µg (7.6%), Vitamin B1: 0.07mg (4.34%), Vitamin C: 1.98mg (2.4%)