

Apple Brie Omelet

*The Old Yacht Club Inn - Santa Barbara, CA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 4

*3 tablespoons butter, divided
2 green Pippin apples, peeled, cored
and sliced
2 tablespoons brown sugar
1/2 teaspoon ground cinnamon
8 eggs
4 tablespoons water
4 ounces Brie cheese (plastic covering
removed), sliced
lemon pepper*

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In a skillet, melt one tablespoon of butter. Add the apples and saute' for 5 to 6 minutes, until softened. Add the sugar and cinnamon. Stir. Cook for 5 minutes more.

To prepare the omelet: In a bowl, whisk together the eggs and water for 1 to 2 minutes.

Heat a twelve-inch skillet and melt two tablespoons of butter over low heat. Pour the egg mixture into the pan. Allow to harden on the skillet bottom. Using a spatula, push the cooked part to the middle of the pan and allow the liquid to run around the edges and cook through. Continue until the eggs are set but not hard (Be careful not to brown the bottom).

When the eggs are firm, place the apple mixture over the top of one-half of the omelet. Place the sliced Brie on top of the apples. Use a spatula to fold the plain half of the omelet over the filling.

Cover the pan and cook for 4 to 5 minutes until the cheese melts. Sprinkle with the lemon pepper.

Per Serving (excluding unknown items): 242 Calories; 19g Fat (69.8% calories from fat); 13g Protein; 5g Carbohydrate; trace Dietary Fiber; 447mg Cholesterol; 230mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Fat; 1/2 Other Carbohydrates.

Breakfast

Calories (kcal): 242
% Calories from Fat: 69.8%
% Calories from Carbohydrates: 9.1%
% Calories from Protein: 21.2%
Total Fat (g): 19g
Saturated Fat (g): 8g
Monounsaturated Fat (g): 6g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 447mg
Carbohydrate (g): 5g
Dietary Fiber (g): trace
Protein (g): 13g
Sodium (mg): 230mg
Potassium (mg): 154mg
Calcium (mg): 62mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 814IU
Vitamin A (r.e.): 220 1/2RE

Vitamin B6 (mg): .1mg
Vitamin B12 (mcg): 1.3mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .5mg
Folacin (mcg): 48mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 242 **Calories from Fat:** 169

% Daily Values*

Total Fat	19g	29%
Saturated Fat	8g	42%
Cholesterol	447mg	149%
Sodium	230mg	10%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	1%
Protein	13g	
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Vitamin A		16%
Vitamin C		0%
Calcium		6%
Iron		11%

** Percent Daily Values are based on a 2000 calorie diet.*