

# Shrimp Frittata (Omelet)

Yield: 4 min  
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-yeast-rolls-recipe>

## Ingredients:

- 1/2 pound shrimp unchecked
- 6 eggs unchecked
- 1 bunch basil leaves torn into pieces unchecked
- 1/4 cup sun dried tomatoes chopped unchecked
- salt
- pepper
- 2 tablespoons butter unchecked
- 4 scallions thinly sliced unchecked
- wheat
- yeast rolls

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 420 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 23 grams
7. SaturatedFat: 6 grams
8. Sodium: 500 milligrams
9. Sugar: 2 grams

---

Thank you for visiting our website. Hope you enjoy Shrimp Frittata (Omelet) above. You can see more 17 southern living yeast rolls recipe Unlock flavor sensations! to get more great cooking ideas.