



Basic Omelet

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



322 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 3 large eggs
- 1 teaspoon herbs: rosemary fresh such as parsley, chervil, or chives, plus more to garnish finely chopped
- 0.3 teaspoon kosher salt
- 1 tablespoon butter unsalted
- 2 teaspoons milk whole

Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- Whisk the eggs, milk, salt, and pepper in a medium bowl until pale yellow and the egg yolks and whites are evenly combined. Set a serving plate aside. Melt the butter in an 8-inch nonstick frying pan over medium heat until foaming.
- Add the egg mixture and stir constantly with a rubber spatula, moving the eggs around the pan until they form small curds, about 2 to 3 minutes. Gently shake the pan and use the spatula to spread the egg mixture evenly across the pan—the top of the eggs should have a creamy consistency.
- Sprinkle all over with the measured herbs.
- Remove the pan from heat. Using the spatula, fold a third of the omelet over and onto itself. Gently push the folded side of the omelet toward the edge of the pan. Tilt the pan over the serving plate and roll the omelet onto the plate, seam side down.
- Garnish with additional herbs and serve immediately.

Nutrition Facts

PROTEIN 24.38% **FAT 73.46%** **CARBS 2.16%**

Properties

Glycemic Index:102, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:14.938260778137%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 321.54kcal (16.08%), Fat: 25.95g (39.92%), Saturated Fat: 12.08g (75.48%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.05g (1.16%), Cholesterol: 589.3mg (196.43%), Sodium: 799.82mg (34.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.38g (38.75%), Selenium: 46.39µg (66.28%), Vitamin B2: 0.7mg (41.45%), Phosphorus: 310.91mg (31.09%), Vitamin A: 1185.85IU (23.72%), Vitamin B5: 2.36mg (23.56%),

Vitamin B12: 1.41µg (23.55%), Vitamin D: 3.32µg (22.13%), Folate: 71.11µg (17.78%), Iron: 2.66mg (14.8%), Zinc: 1.99mg (13.29%), Vitamin B6: 0.26mg (13.12%), Vitamin E: 1.91mg (12.72%), Calcium: 101.27mg (10.13%), Potassium: 229.36mg (6.55%), Copper: 0.11mg (5.71%), Magnesium: 19.97mg (4.99%), Vitamin B1: 0.07mg (4.44%), Manganese: 0.08mg (3.83%), Vitamin K: 3.51µg (3.34%)