



## Chard and Onion Omelet (Trouchia)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 2 tablespoons basil chopped
- ☐ 1 bunch chard chopped
- ☐ 6 to 8 eggs lightly beaten
- ☐ 1 garlic clove
- ☐ 1 cup gruyere cheese grated
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons parmesan freshly grated
- ☐ 2 tablespoons parsley chopped

- ☐ 1 large onion white red thinly sliced quartered
- ☐ 4 servings salt and freshly milled pepper
- ☐ 2 teaspoons thyme leaves chopped

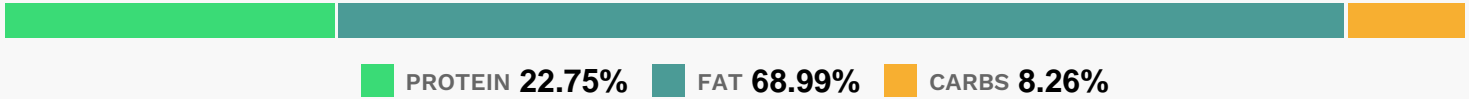
## Equipment

- ☐ frying pan
- ☐ broiler
- ☐ mortar and pestle

## Directions

- ☐ Heat 2 tablespoons of the oil in a 10-inch skillet, add the onion, and cook over low heat, stirring occasionally, until completely soft but not colored, about 15 minutes.
- ☐ Add the chard and continue cooking, stirring occasionally, until all the moisture has cooked off and the chard is tender, about 15 minutes. Season well with salt and pepper.
- ☐ Meanwhile, mash the garlic in a mortar with a few pinches of salt (or chop them finely together), then stir it into the eggs along with the herbs.
- ☐ Combine the chard mixture with the eggs and stir in the Gruyère and half the Parmesan.
- ☐ Preheat the broiler.
- ☐ Heat the remaining oil in the skillet and, when it's hot, add the eggs. Give a stir and keep the heat at medium-high for about a minute, then turn it to low. Cook until the eggs are set but still a little moist on top, 10 to 15 minutes.
- ☐ Add the remaining Parmesan and broil 4 to 6 inches from the heat, until browned.
- ☐ Serve trouchia in the pan or slide it onto a serving dish and cut it into wedges. The gratinéed top and the golden bottom are equally presentable.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

## Nutrition Facts



## Properties

Glycemic Index:65.75, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:26.21782606581%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 4.63mg, Kaempferol: 4.63mg, Kaempferol: 4.63mg, Kaempferol: 4.63mg Myricetin: 2.65mg, Myricetin: 2.65mg, Myricetin: 2.65mg, Myricetin: 2.65mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 365.62kcal (18.28%), Fat: 28.31g (43.56%), Saturated Fat: 10.21g (63.8%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 5.55g (2.02%), Sugar: 2.83g (3.14%), Cholesterol: 283.52mg (94.51%), Sodium: 726.02mg (31.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21g (42%), Vitamin K: 667.07µg (635.3%), Vitamin A: 5545.32IU (110.91%), Calcium: 456.9mg (45.69%), Phosphorus: 396.98mg (39.7%), Selenium: 26.58µg (37.98%), Vitamin C: 29.95mg (36.3%), Vitamin B2: 0.49mg (28.7%), Vitamin E: 3.75mg (25.01%), Magnesium: 88.83mg (22.21%), Manganese: 0.39mg (19.62%), Vitamin B12: 1.15µg (19.09%), Zinc: 2.6mg (17.32%), Iron: 3.06mg (17.02%), Folate: 56.31µg (14.08%), Vitamin B5: 1.4mg (14.02%), Vitamin B6: 0.28mg (13.83%), Potassium: 482.38mg (13.78%), Copper: 0.22mg (11.13%), Vitamin D: 1.53µg (10.2%), Fiber: 2.08g (8.3%), Vitamin B1: 0.1mg (6.56%), Vitamin B3: 0.49mg (2.47%)