



Chorizo, potato & cheese omelette



Gluten Free



Popular

READY IN



28 min.

SERVINGS



1

CALORIES



543 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 small potatoes cut into 2cm dice
- ☐ 1 tsp olive oil
- ☐ 50 g chorizo chopped
- ☐ 2 eggs
- ☐ 1 serving parsley chopped
- ☐ 25 g cheddar cheese grated

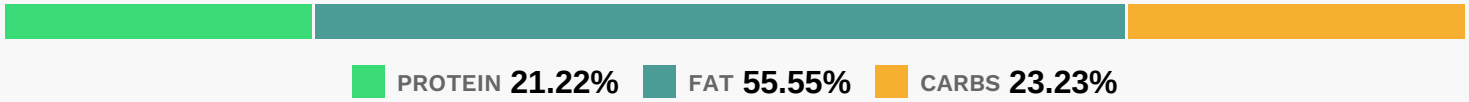
Equipment

- ☐ frying pan

Directions

- ☐ Cook the potato in boiling water for 8-10 mins or until tender.
- ☐ Drain and allow to steam-dry.
- ☐ Heat oil in an omelette pan, add chorizo and cook for 2 mins.
- ☐ Add the potato and cook for a further 5 mins until the potato starts to crisp. Spoon pan contents out, wipe pan and cook a 2 or 3-egg omelette in the same pan. When almost cooked, scatter with the chorizo and potato, parsley and cheese. Fold the omelette in the pan and cook for 1 min more to melt the cheese.

Nutrition Facts



Properties

Glycemic Index:170.75, Glycemic Load:21.94, Inflammation Score:-7, Nutrition Score:23.842608493307%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 542.81kcal (27.14%), Fat: 33.16g (51.01%), Saturated Fat: 12.69g (79.31%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 27.32g (9.94%), Sugar: 1.77g (1.96%), Cholesterol: 383.61mg (127.87%), Sodium: 301.49mg (13.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.5g (57%), Vitamin K: 72.4µg (68.96%), Selenium: 34.6µg (49.44%), Vitamin C: 38.81mg (47.04%), Phosphorus: 387.96mg (38.8%), Vitamin B6: 0.67mg (33.6%), Vitamin B2: 0.57mg (33.57%), Calcium: 251.99mg (25.2%), Potassium: 878.59mg (25.1%), Vitamin A: 1244.63IU (24.89%), Iron: 4.14mg (23.02%), Folate: 79.89µg (19.97%), Vitamin B5: 1.97mg (19.71%), Vitamin B12: 1.05µg (17.47%), Zinc: 2.59mg (17.26%), Fiber: 3.87g (15.49%), Manganese: 0.29mg (14.68%), Magnesium: 58.41mg (14.6%), Copper: 0.26mg (13.06%), Vitamin D: 1.91µg (12.73%), Vitamin B1: 0.18mg (12.13%), Vitamin E: 1.81mg (12.04%), Vitamin B3: 1.92mg (9.62%)