



## Dinner Tonight: Omelet Gramajo

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 4 large eggs
- 2 tablespoons olive oil extra virgin
- 4 slices pancetta thin (another serrano or proscuitto would also work)
- 2 potatoes - remove skin red scrubbed
- 4 servings salt and pepper
- 2 cups vegetable oil

### Equipment

- bowl

- frying pan
- paper towels
- sauce pan
- spatula
- tongs
- cutting board

## Directions

- Cut the potatoes into very thin matchsticks.
- Pour the vegetable oil into a large saucepan. Turn heat to medium high and bring oil up to 360°.
- Add as many of the potato pieces as will comfortably fit, and cook until golden, two to three minutes.
- Remove with tongs and drain on paper towels. Repeat process until all the potato pieces are cooked.
- Pour one tablespoon of the extra virgin olive oil into a 12-inch non-stick skillet. Turn heat to medium, and when shimmering, add the slices of ham.
- Let them crisp up, about 15 seconds.
- Drain the slices on more paper towels.
- Add the remaining olive oil to the skillet and keep the heat on medium. Crack the eggs into a medium-sized bowl, add a pinch of salt and pepper, and beat lightly with a fork.
- Pour the eggs into the skillet. Using a spatula, fold in the edges to let some of the uncooked eggs reach the pan surface. When eggs are set on the bottom, but still slightly runny on top, add the fried potatoes to half of the omelet.
- Place the ham slices on top of the potatoes. Carefully, use a wide spatula to fold the other half of the omelet on top.
- Transfer omelet to a cutting board.
- Cut the omelet into four sections, and divide between four plates. Season with more salt and pepper, but only after you taste first. The cured ham is salty, so be careful.

## Nutrition Facts



■ PROTEIN 8.5% ■ FAT 75.64% ■ CARBS 15.86%

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:12.15478252328%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 434kcal (21.7%), Fat: 36.88g (56.74%), Saturated Fat: 6.96g (43.48%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 15.59g (5.67%), Sugar: 1.56g (1.73%), Cholesterol: 191.28mg (63.76%), Sodium: 337.06mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Vitamin K: 47.54µg (45.28%), Selenium: 17.49µg (24.99%), Vitamin E: 3.36mg (22.41%), Phosphorus: 175.49mg (17.55%), Potassium: 569.53mg (16.27%), Vitamin B2: 0.27mg (15.76%), Vitamin B6: 0.29mg (14.37%), Vitamin C: 9.16mg (11.1%), Vitamin B5: 1.11mg (11.08%), Folate: 42.67µg (10.67%), Iron: 1.73mg (9.61%), Copper: 0.18mg (9.11%), Vitamin B1: 0.13mg (8.56%), Manganese: 0.17mg (8.28%), Vitamin B12: 0.49µg (8.08%), Vitamin B3: 1.58mg (7.91%), Magnesium: 30.4mg (7.6%), Zinc: 1.09mg (7.28%), Fiber: 1.81g (7.24%), Vitamin D: 1.03µg (6.88%), Vitamin A: 280.42IU (5.61%), Calcium: 39.24mg (3.92%)