



## Easy cheesy chip omelette

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 2 large handfuls fries frozen ( 350g 12oz)
- ☐ 140 g cheese grated
- ☐ 8 medium eggs
- ☐ 4 servings lettuce red crisp sliced

## Equipment

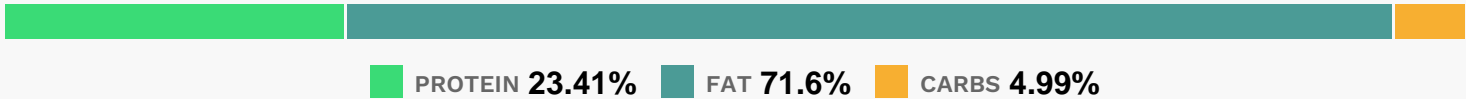
- ☐ bowl
- ☐ frying pan

☐ grill

## Directions

- ☐ Preheat the grill to high.
- ☐ Heat the oil over a highish heat in a large frying pan. Throw in the chips and fry for 10 minutes, tossing occasionally, until they have completely defrosted and turned crispy and golden.
- ☐ Beat the eggs in a bowl with a third of the cheese and season with salt and pepper.
- ☐ Pour the eggs over the chips and lower the heat. Cook the eggs, rippling the sides into the middle every time they begin to set, until only the top and middle are runny. Scatter the remaining cheese over the top, then place the pan under the grill for 3–4 minutes, until the cheese is brown and bubbling and the eggs have souffld up.
- ☐ Serve in wedges with lots of salad.

## Nutrition Facts



## Properties

Glycemic Index:30.83, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:16.116087042767%

## Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

## Nutrients (% of daily need)

Calories: 342.51kcal (17.13%), Fat: 27.27g (41.95%), Saturated Fat: 10.55g (65.94%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 3.19g (1.16%), Sugar: 2.19g (2.44%), Cholesterol: 362.36mg (120.79%), Sodium: 365.21mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.12%), Selenium: 37.01µg (52.88%), Phosphorus: 352.73mg (35.27%), Vitamin B2: 0.58mg (34.05%), Vitamin K: 35.06µg (33.39%), Calcium: 312.8mg (31.28%), Vitamin A: 1272.68IU (25.45%), Vitamin B12: 1.15µg (19.24%), Folate: 74.63µg (18.66%), Zinc: 2.55mg (17.03%), Vitamin B5: 1.58mg (15.77%), Vitamin D: 1.97µg (13.13%), Vitamin E: 1.9mg (12.69%), Iron: 1.97mg (10.94%), Vitamin B6: 0.21mg (10.6%), Potassium: 276.03mg (7.89%), Manganese: 0.14mg (7.03%), Magnesium: 26.33mg (6.58%), Vitamin B1: 0.08mg (5.48%), Copper: 0.1mg (4.87%), Fiber: 1.09g (4.36%), Vitamin C: 2.52mg (3.06%), Vitamin B3: 0.2mg (1.02%)