



French Omelet



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 large eggs
- ☐ 2 teaspoons butter
- ☐ 0.1 teaspoon salt
- ☐ 1 Dash pepper

Equipment

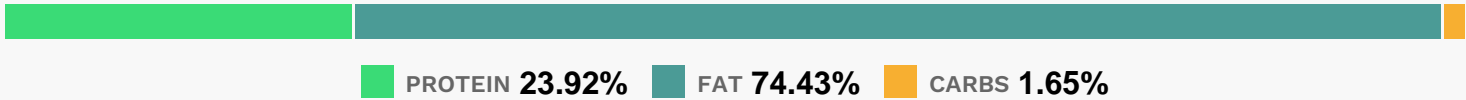
- ☐ bowl
- ☐ frying pan
- ☐ whisk

☐ spatula

Directions

- ☐ In a small bowl, beat the eggs with a fork or wire whisk until yolks and whites are well mixed.
- ☐ In an 8-inch skillet, heat the butter over medium-high heat until hot and sizzling. As butter melts, tilt skillet to coat bottom with butter.
- ☐ Quickly pour the eggs into the skillet. While sliding the skillet back and forth rapidly over the heat, quickly stir the eggs with a fork to spread them continuously over the bottom of the skillet as they thicken. When they are thickened, let stand over the heat a few seconds to lightly brown the bottom. Do not overcook--the omelet will continue to cook after being folded.
- ☐ Tilt the skillet and run a spatula or fork under the edge of the omelet, then jerk the skillet sharply to loosen omelet from bottom of skillet.
- ☐ Add favorite filling, if desired. Fold the portion of the omelet nearest you just to the center. Allow for a portion of the omelet to slide up the side of the skillet. Turn the omelet onto a warm plate, flipping folded portion of omelet over so the far side is on the bottom.
- ☐ Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:9.7039129291864%

Nutrients (% of daily need)

Calories: 215.15kcal (10.76%), Fat: 17.56g (27.02%), Saturated Fat: 4.8g (30.01%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.37g (0.41%), Cholesterol: 372mg (124%), Sodium: 527.01mg (22.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.4%), Selenium: 30.71µg (43.87%), Vitamin B2: 0.46mg (27.11%), Phosphorus: 200.46mg (20.05%), Vitamin A: 898.25IU (17.96%), Vitamin B5: 1.54mg (15.43%), Vitamin B12: 0.9µg (15%), Vitamin D: 2µg (13.33%), Folate: 47.12µg (11.78%), Iron: 1.76mg (9.79%), Vitamin E: 1.36mg (9.07%), Zinc: 1.29mg (8.61%), Vitamin B6: 0.17mg (8.56%), Calcium: 59.62mg (5.96%), Potassium: 143.59mg (4.1%), Copper: 0.07mg (3.68%), Magnesium: 12.48mg (3.12%), Vitamin B1: 0.04mg (2.74%), Manganese: 0.04mg (2.08%)