



Goat's cheese & chorizo omelette

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



356 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 eggs
- ☐ 1 handful chives snipped
- ☐ 1 tsp unrefined sunflower oil
- ☐ 3 slices spicy salami
- ☐ 1 pinch chilli red sliced
- ☐ 1 slice goat's cheese crumbled soft

Equipment

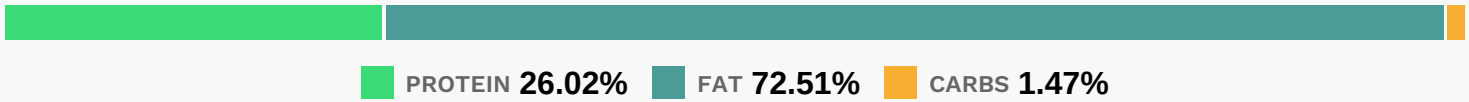
- ☐ bowl

☐ frying pan

Directions

- ☐ Beat the eggs in a bowl, then stir in most of the chives and season.
- ☐ Heat the oil in a frying pan, then fry the chorizo and chilli for 3 mins or until crisp. Tip into a bowl and mix with the cheese.
- ☐ Put the pan back on the heat, pour in the eggs and cook for 1 min or until set to your liking, swirling the eggs with a fork a few times as they start to set. Spoon the cheese mix over one half of the omelette, top with the remaining chives, then flip the other side over the filling. Leave for 30 secs more until the cheese starts to melt at the edges.
- ☐ Serve straightaway.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:15.753043457218%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 356.19kcal (17.81%), Fat: 28.34g (43.6%), Saturated Fat: 10.79g (67.43%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.67g (0.75%), Cholesterol: 362.49mg (120.83%), Sodium: 847.32mg (36.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.77%), Selenium: 34.77µg (49.67%), Vitamin B2: 0.61mg (35.93%), Phosphorus: 315.49mg (31.55%), Vitamin B12: 1.6µg (26.6%), Vitamin B1: 0.31mg (20.71%), Vitamin A: 988.87IU (19.78%), Vitamin E: 2.87mg (19.15%), Vitamin B6: 0.38mg (19.04%), Vitamin B5: 1.85mg (18.53%), Zinc: 2.57mg (17.15%), Copper: 0.33mg (16.67%), Iron: 2.54mg (14.12%), Vitamin D: 1.88µg (12.53%), Folate: 49.73µg (12.43%), Calcium: 98.8mg (9.88%), Vitamin K: 9.67µg (9.21%), Vitamin B3: 1.74mg (8.72%), Potassium: 245.09mg (7%), Magnesium: 23.13mg (5.78%), Manganese: 0.09mg (4.51%), Vitamin C: 2.32mg (2.82%)