



Lao Omelet with Dill, Scallion and Thai Chile



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



32 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.5 teaspoon fish sauce
- ☐ 2 tablespoons optional: dill chopped
- ☐ 3 large eggs
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 15 servings salt
- ☐ 1 spring onion cut into 1-inch pieces
- ☐ 1 medium shallots coarsely chopped
- ☐ 1 thai chile red sliced

☐ 2 tablespoons vegetable oil

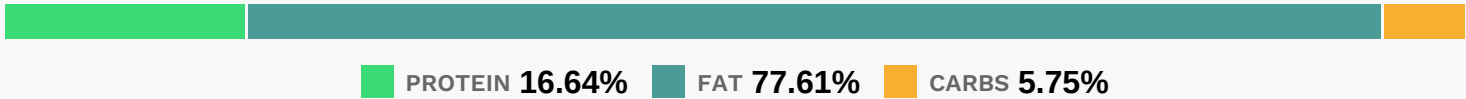
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ In a bowl, beat the eggs. Stir in the dill, scallion, Thai chile, fish sauce, pepper and salt.
- ☐ In a medium nonstick skillet, heat 1 tablespoon of the oil.
- ☐ Add the shallot and cook over moderately high heat until softened, about 2 minutes.
- ☐ Add the remaining 1 tablespoon of oil and, when it is hot, add the egg mixture. Cook, stirring, until the eggs are almost set, about 1 minute. Run a heatproof plastic spatula around the edge to loosen the omelet and cook undisturbed until golden brown on the bottom, about 30 seconds. Invert the omelet onto a plate and serve.

Nutrition Facts



Properties

Glycemic Index:7.27, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.3799999958795%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 32.04kcal (1.6%), Fat: 2.77g (4.26%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.2g (0.23%), Cholesterol: 37.2mg (12.4%), Sodium: 224.07mg (9.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin K: 5.12µg (4.87%), Selenium: 3.12µg (4.45%), Vitamin B2: 0.05mg (2.78%), Phosphorus: 21.29mg (2.13%), Vitamin E: 0.26mg (1.73%), Vitamin B5: 0.16mg (1.6%), Folate: 6.01µg (1.5%), Vitamin B12: 0.09µg (1.5%), Vitamin A: 68.72IU (1.37%), Vitamin D: 0.2µg (1.33%), Vitamin B6: 0.02mg (1.24%), Iron: 0.22mg (1.22%)