



Layered Zucchini and Ricotta Omelet Cake

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



499 kcal

Ingredients

- ☐ 1 cup baby arugula leaves
- ☐ 12 eggs lightly beaten
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings wedge parmigiano-reggiano for shaving
- ☐ 1 chile pepper red very thinly sliced finely chopped
- ☐ 1 roasted pepper sweet red chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 small bunch scallions chopped
- ☐ 1 cup sheep's milk ricotta fresh

- ☐ 2 tablespoons thyme leaves finely chopped
- ☐ 0.3 cup milk whole
- ☐ 1 pound zucchini shredded firm finely chopped

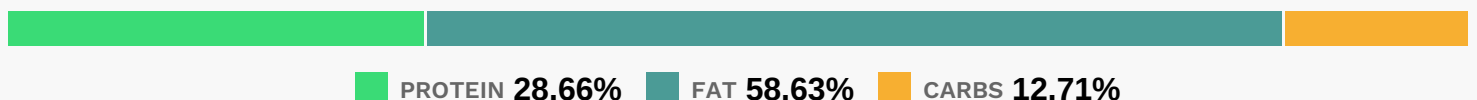
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ cake form

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, combine the ricotta with some milk to thin it out to a spreadable consistency and season it with thyme, salt and pepper, to taste.
- ☐ Line a cake pan with plastic wrap. Choose a nonstick skillet similar in size to your cake pan.
- ☐ Beat the eggs with salt and pepper, to taste. Have 2 plates on hand that are similar in size to the skillet.
- ☐ Heat a tablespoon of extra-virgin olive oil in the skillet over medium to medium-high heat.
- ☐ Add 1/3 of the zucchini, chili, sweet peppers and scallions to the pan, season with salt and pepper, to taste.
- ☐ Sauté the mixture for a couple of minutes then add 1/3 of the eggs and brown the omelet. Cover the pan with a plate and flip the omelet over and brown on the other side. Slide the browned omelet onto another plate and repeat twice more to create 3 omelets.
- ☐ Put the most appealing omelet in bottom of a cake pan, spread with half the ricotta mixture and top with another omelet, more cheese and then the third omelet. Invert onto cake plate or stand and top with arugula and shaved Parmesan.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:31.179130492003%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 499.05kcal (24.95%), Fat: 32.06g (49.32%), Saturated Fat: 11.02g (68.9%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 12.96g (4.71%), Sugar: 8.6g (9.55%), Cholesterol: 523.72mg (174.57%), Sodium: 754.47mg (32.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.26g (70.53%), Vitamin C: 82.03mg (99.43%), Selenium: 48.03µg (68.61%), Calcium: 601.37mg (60.14%), Phosphorus: 554.45mg (55.44%), Vitamin B2: 0.9mg (52.84%), Vitamin A: 2590.71IU (51.81%), Vitamin K: 33.23µg (31.65%), Vitamin B6: 0.61mg (30.61%), Folate: 117.91µg (29.48%), Vitamin B12: 1.64µg (27.41%), Vitamin B5: 2.63mg (26.26%), Vitamin E: 3.71mg (24.76%), Iron: 4.06mg (22.56%), Zinc: 3.19mg (21.26%), Vitamin D: 3.01µg (20.09%), Manganese: 0.4mg (19.87%), Potassium: 692.99mg (19.8%), Magnesium: 67.37mg (16.84%), Fiber: 2.68g (10.72%), Copper: 0.21mg (10.7%), Vitamin B1: 0.16mg (10.56%), Vitamin B3: 1.26mg (6.28%)