



Miniature omelettes with ricotta

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 4 eggs
- ☐ 1 small handful parsley finely chopped
- ☐ 1 handful chives snipped finely
- ☐ 1 small garlic clove finely chopped
- ☐ 50 g parmesan freshly grated
- ☐ 6 servings olive oil for frying
- ☐ 250 g ricotta cheese
- ☐ 1 handful basil fresh

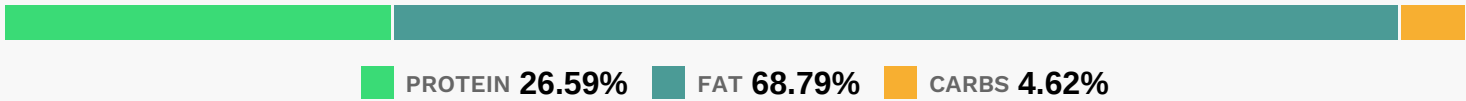
Equipment

☐ frying pan

Directions

- ☐ Beat the eggs with 2 tbsp water, then season if you want to.
- ☐ Mix in the parsley, chives, garlic and parmesan.
- ☐ Heat a 23cm heavy-based frying pan on a medium heat with a little oil. When the oils hot, add a ladleful (about a third) of the egg mixture and tip the mixture so it covers the base. Reduce the heat and cook the omelette until just firm, then flip it over and cook the other side. Keep warm. Repeat to make three omelettes, adding a little extra oil to the pan each time.
- ☐ Make the filling by combining the ricotta, basil, parmesan and some pepper.
- ☐ Spread mixture over each omelette, roll up loosely like a cigar and cut into thickish slices. Can be made up to 5 hrs ahead.
- ☐ Serve garnished with parsley.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:7.0517391964145%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 173.13kcal (8.66%), Fat: 13.17g (20.25%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.94g (0.7%), Sugar: 0.31g (0.35%), Cholesterol: 136.04mg (45.35%), Sodium: 210.7mg (9.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.45g (22.9%), Selenium: 17µg (24.29%), Calcium: 204.4mg (20.44%), Phosphorus: 183.47mg (18.35%), Vitamin K: 16.12µg (15.35%), Vitamin B2: 0.25mg (14.42%), Vitamin A: 511.71IU (10.23%), Vitamin B12: 0.5µg (8.38%), Zinc: 1.11mg (7.4%), Vitamin B5: 0.58mg (5.85%), Folate: 21.33µg

(5.33%), Vitamin E: 0.78mg (5.23%), Vitamin D: 0.71µg (4.74%), Iron: 0.83mg (4.59%), Vitamin B6: 0.08mg (4.18%), Magnesium: 12.72mg (3.18%), Potassium: 100.58mg (2.87%), Copper: 0.04mg (1.87%), Vitamin C: 1.49mg (1.81%), Vitamin B1: 0.02mg (1.51%), Manganese: 0.03mg (1.41%)