



## Omelette wedges

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



281 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 3 spring onion
- ☐ 200 g baby potatoes
- ☐ 4 bacon smoked
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 8 eggs
- ☐ 1 tsp dijon mustard english (ready-made rather than powder)
- ☐ 85 g cheddar cheese
- ☐ 2 tomatoes

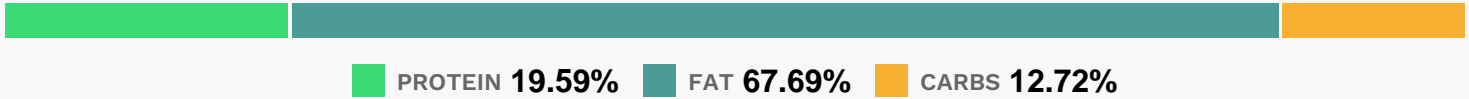
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ kitchen scissors

## Directions

- ☐ Finely chop the spring onions and set aside. Thickly slice the potatoes (there is no need to peel them first), then boil in a pan of lightly salted water for 10 mins until just tender.
- ☐ Drain.
- ☐ Meanwhile snip the bacon into pieces with scissors.
- ☐ Heat a frying pan with 1 tsp oil, then stir-fry the bacon until it turns pink.
- ☐ Add the spring onions to the pan, stir briefly for a couple of secs to slightly soften, then tip the bacon and onion into a bowl. Wash and dry the frying pan.
- ☐ Break the eggs into a bowl, then whisk with the mustard and a little salt and pepper. Make sure you don't get any shell into the mix. If you are worried you might, you can break the eggs into a cup, one at a time, before adding to the bowl or ask an adult to break them for you.
- ☐ Grate the cheese and add half to the egg mixture with the cooked bacon, onions and potatoes. Gently stir to mix everything.
- ☐ Heat 2 tbsp oil in the pan; when it is hot, pour in the mixture, then stir a couple of times as it sets on the base of the pan to start it cooking.
- ☐ Turn on the grill so it has time to heat up. Leave the omelette to cook, undisturbed, over a low heat for about 6 mins. Meanwhile, cut the tomatoes into wedges, scatter over the omelette and sprinkle with the grated cheese.
- ☐ When the omelette seems set on the base, but is still a little eggy on top, put the frying pan under the grill to cook the last of the egg mixture and melt the cheese. Cool for 5 mins, then turn out of the pan.
- ☐ Cut into wedges and serve with ketchup, toast, tea and orange juice for a delicious family breakfast.

# Nutrition Facts



## Properties

Glycemic Index:30.13, Glycemic Load:4.87, Inflammation Score:-6, Nutrition Score:12.692173937093%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

## Nutrients (% of daily need)

Calories: 280.7kcal (14.03%), Fat: 21.11g (32.47%), Saturated Fat: 6.99g (43.71%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 7.54g (2.74%), Sugar: 1.85g (2.06%), Cholesterol: 242.09mg (80.7%), Sodium: 348.89mg (15.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.74g (27.49%), Selenium: 25.1µg (35.86%), Phosphorus: 233.22mg (23.32%), Vitamin B2: 0.37mg (21.51%), Vitamin E: 2.96mg (19.73%), Vitamin A: 866.19IU (17.32%), Vitamin K: 17.06µg (16.25%), Vitamin C: 13.31mg (16.14%), Calcium: 146.16mg (14.62%), Vitamin B6: 0.28mg (14.17%), Vitamin B12: 0.75µg (12.43%), Vitamin B5: 1.18mg (11.79%), Folate: 45.87µg (11.47%), Zinc: 1.64mg (10.93%), Potassium: 374.97mg (10.71%), Vitamin D: 1.32µg (8.78%), Iron: 1.57mg (8.72%), Vitamin B1: 0.11mg (7.55%), Magnesium: 26mg (6.5%), Manganese: 0.13mg (6.34%), Vitamin B3: 1.27mg (6.34%), Copper: 0.12mg (5.91%), Fiber: 1.38g (5.53%)