



Potato Chip Omelet



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



983 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 12 large eggs
- ☐ 1 tablespoon chives fresh minced
- ☐ 1 tablespoon flat-leaf parsley fresh finely chopped
- ☐ 3 tablespoons heavy cream
- ☐ 6 cups kettle-cooked potato chips plain
- ☐ 2 tablespoons vegetable oil unsalted
- ☐ 0.5 teaspoon pepper white freshly ground

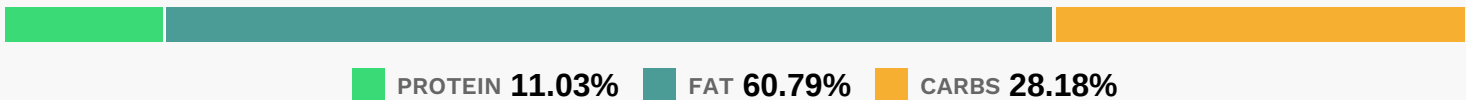
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 375°F. In a large bowl, whisk the eggs, cream, white pepper, parsley, and chives together until combined. Fold in the potato chips until they are completely covered in the egg mixture, but try not to crush the chips too much.
- ☐ Let stand for 10 minutes, until the chips soften slightly.
- ☐ Heat the butter in an ovenproof 12-inch nonstick skillet over medium-high heat, swirling the pan to coat the bottom completely, until very hot. Carefully pour in the egg mixture and spread it evenly in the pan, then immediately reduce the heat to low. Cook until the eggs are set and the bottom is light golden, about 15 minutes. If the bottom is golden but the eggs are still runny on the top, transfer the skillet to the preheated oven and bake until the eggs are completely set, 3 to 4 minutes.
- ☐ To serve, invert a large flat plate over the pan and flip the pan and the plate to invert the omelet onto the plate.
- ☐ Let stand for at least 5 minutes before cutting into wedges and serving.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:36.686086654663%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 982.57kcal (49.13%), Fat: 67.37g (103.65%), Saturated Fat: 15.22g (95.11%), Carbohydrates: 70.27g (23.42%), Net Carbohydrates: 66.2g (24.07%), Sugar: 1.33g (1.48%), Cholesterol: 585.76mg (195.25%), Sodium: 889.33mg (38.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.51g (55.01%), Vitamin E: 15.11mg (100.73%), Vitamin B5: 7.88mg (78.85%), Selenium: 49.66µg (70.94%), Potassium: 1757.31mg (50.21%), Phosphorus: 501.73mg (50.17%), Vitamin B2: 0.82mg (48.43%), Vitamin B6: 0.94mg (46.92%), Vitamin K: 47.47µg (45.21%), Manganese: 0.9mg (45.21%), Vitamin C: 29.43mg (35.67%), Vitamin B3: 6.21mg (31.05%), Folate: 110.47µg (27.62%), Vitamin A: 1267.19IU (25.34%), Magnesium: 100.29mg (25.07%), Iron: 4.38mg (24.33%), Vitamin B12: 1.36µg (22.75%), Zinc: 3.38mg (22.51%), Vitamin B1: 0.34mg (22.38%), Vitamin D: 3.29µg (21.9%), Copper: 0.41mg (20.68%), Fiber: 4.07g (16.28%), Calcium: 122.61mg (12.26%)