



Potato Saffron Omelet

 Vegetarian  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1.5 pounds baking potatoes
- 0.3 cup chicken broth
- 6 large eggs
- 5 tablespoons olive oil
- 2 large onions chopped finely
- 0.3 teaspoon saffron threads
- 10 servings salt and pepper black freshly ground
- 0.5 cup scallion greens thinly sliced

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- whisk
- colander

Directions

- In a 12-inch non-stick skillet cook onions in 2 tablespoons oil over moderate heat, stirring occasionally, until golden, about 20 minutes.
- Transfer onions to a bowl and cool.
- While onions are cooking, peel potatoes and cut into 1/4-inch cubes. In a saucepan of boiling salted water cook potatoes until almost tender, about 8 minutes, and drain well in a colander. Cool potatoes and add to onions. Onion and potato mixture may be made 1 day ahead and chilled, covered.
- Crumble saffron threads into a small metal bowl. In a small saucepan heat broth until hot and pour over saffron.
- Let mixture stand until saffron is softened, about 5 minutes.
- In a large bowl whisk together eggs, scallion greens, saffron mixture, and salt and pepper to taste and stir in onion and potato mixture. In skillet set over moderately high heat, heat remaining 3 tablespoons oil until hot but not smoking and add egg mixture, spreading potatoes evenly. Reduce heat to moderate and cook omelet, stirring occasionally, until eggs just begin to set, about 1 minute. Shift skillet so that 1/4 of omelet is directly over center of burner and cook 1 minute. Shift skillet 3 more times, cooking remaining fourths in same manner. Center skillet and cook omelet over low heat until almost set, about 4 minutes more.
- Slide omelet, bottom side down, onto baking sheet and invert omelet back into skillet. Cook other side of omelet until golden, about 4 minutes. Slide omelet onto a platter and cool to room temperature.
- Omelet may be made 1 day ahead and chilled, covered. Bring omelet to room temperature before serving.

Cut omelet into wedges.

Wine Suggestions: Dry Manzanilla; Jerez Region Spanish Cava (Sparkling Wine) Montecillo Winery Rioja

Nutrition Facts

PROTEIN 13% **FAT 51.07%** **CARBS 35.93%**

Properties

Glycemic Index:24.58, Glycemic Load:10.38, Inflammation Score:-3, Nutrition Score:7.5947826219642%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 172.74kcal (8.64%), Fat: 9.96g (15.33%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 14.22g (5.17%), Sugar: 1.95g (2.16%), Cholesterol: 111.72mg (37.24%), Sodium: 69.96mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.41%), Vitamin B6: 0.33mg (16.26%), Vitamin K: 16.16µg (15.39%), Selenium: 9.69µg (13.84%), Potassium: 385.22mg (11.01%), Phosphorus: 107.77mg (10.78%), Vitamin B2: 0.18mg (10.31%), Vitamin E: 1.37mg (9.11%), Manganese: 0.18mg (8.9%), Vitamin C: 7.04mg (8.53%), Folate: 32.54µg (8.14%), Iron: 1.3mg (7.22%), Vitamin B5: 0.71mg (7.07%), Fiber: 1.55g (6.2%), Magnesium: 23.49mg (5.87%), Vitamin B1: 0.09mg (5.71%), Copper: 0.11mg (5.49%), Vitamin B12: 0.27µg (4.47%), Zinc: 0.66mg (4.4%), Vitamin A: 213.81IU (4.28%), Vitamin B3: 0.8mg (4.01%), Vitamin D: 0.6µg (4%), Calcium: 36.9mg (3.69%)