



Real Spanish omelette



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



505 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 500 g baby potatoes
- ☐ 1 onion white
- ☐ 150 ml olive oil extra-virgin
- ☐ 3 tbsp flat-leaf parsley chopped
- ☐ 6 eggs

Equipment

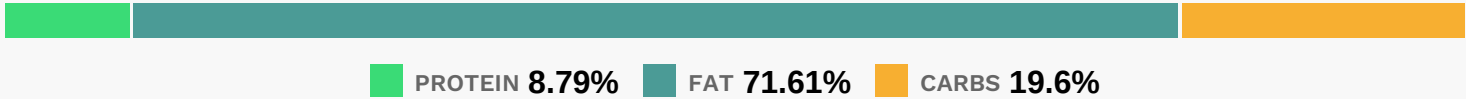
- ☐ bowl
- ☐ frying pan

- ☐ spatula
- ☐ colander

Directions

- ☐ Scrape 500g new potatoes or leave the skins on, if you prefer.
- ☐ Cut them into thick slices. Chop 1 onion.
- ☐ Heat 150ml extra-virgin olive oil in a large frying pan, add the potatoes and onion and stew gently, partially covered, for 30 minutes, stirring occasionally until the potatoes are softened. Strain the potatoes and onion through a colander into a large bowl (set the strained oil aside).
- ☐ Beat 6 eggs separately, then stir into the potatoes with 3 tbsp chopped flat-leaf parsley and plenty of salt and pepper.
- ☐ Heat a little of the strained oil in a smaller pan.
- ☐ Tip everything into the pan and cook on a moderate heat, using a spatula to shape the omelette into a cushion.
- ☐ When almost set, invert on a plate and slide back into the pan and cook a few more minutes.
- ☐ Invert twice more, cooking the omelette briefly each time and pressing the edges to keep the cushion shape. Slide on to a plate and cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:16.58, Inflammation Score:-6, Nutrition Score:17.803043386211%

Flavonoids

Apigenin: 6.17mg, Apigenin: 6.17mg, Apigenin: 6.17mg, Apigenin: 6.17mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 505.31kcal (25.27%), Fat: 40.68g (62.58%), Saturated Fat: 6.84g (42.74%), Carbohydrates: 25.06g (8.35%), Net Carbohydrates: 21.75g (7.91%), Sugar: 2.41g (2.68%), Cholesterol: 245.52mg (81.84%), Sodium:

104.6mg (4.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.46%), Vitamin K: 70.03µg (66.7%), Vitamin E: 5.66mg (37.75%), Vitamin C: 30.45mg (36.91%), Selenium: 20.78µg (29.68%), Vitamin B6: 0.52mg (25.83%), Phosphorus: 211.56mg (21.16%), Vitamin B2: 0.35mg (20.7%), Potassium: 673.61mg (19.25%), Folate: 60.58µg (15.14%), Vitamin B5: 1.43mg (14.27%), Iron: 2.56mg (14.2%), Fiber: 3.31g (13.25%), Manganese: 0.25mg (12.49%), Vitamin A: 599.53IU (11.99%), Magnesium: 40.85mg (10.21%), Copper: 0.2mg (9.87%), Vitamin B12: 0.59µg (9.79%), Vitamin B1: 0.14mg (9.43%), Vitamin D: 1.32µg (8.8%), Zinc: 1.29mg (8.61%), Vitamin B3: 1.44mg (7.18%), Calcium: 62.56mg (6.26%)