



## Ricotta Omelet with Swiss Chard



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



693 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 3 eggs
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon milk
- ☐ 0.3 cup ricotta
- ☐ 1 bunch swiss chard stemmed cleaned

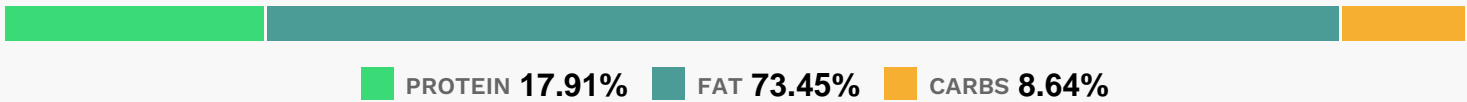
## Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ spatula

## Directions

- ☐ Crack the eggs into a small mixing bowl.
- ☐ Add the milk or water, salt, and pepper. Briskly stir with a fork until well beaten; set aside. In an 8-inch nonstick skillet, melt 2 tablespoons of the butter over medium-high heat.
- ☐ Add 4 or 5 of the Swiss chard leaves and saut until just wilted.
- ☐ Remove from the pan and set aside. Melt the remaining butter in the skillet, then slowly pour in the egg mixture, tilting the pan to spread it evenly.
- ☐ Let the eggs firm up a little, allowing some of the remaining liquid to flow to the sides of the pan. Continue to cook for about another minute, but while the center is still a bit runny, spoon in the ricotta. Tilt the pan to one side and, using a spatula, fold about 1/3 of the omelet over the ricotta filling. Shake the pan gently to slide the omelet to the edge. Holding the pan near the serving plate, tip it so the omelet slides onto the plate.
- ☐ Serve with the Swiss chard.

## Nutrition Facts



## Properties

Glycemic Index:141, Glycemic Load:2.87, Inflammation Score:-10, Nutrition Score:45.021739109703%

## Flavonoids

Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Kaempferol: 17.4mg, Kaempferol: 17.4mg, Kaempferol: 17.4mg, Kaempferol: 17.4mg Myricetin: 9.3mg, Myricetin: 9.3mg, Myricetin: 9.3mg, Myricetin: 9.3mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

## Nutrients (% of daily need)

Calories: 693.25kcal (34.66%), Fat: 57.98g (89.2%), Saturated Fat: 32.68g (204.25%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 10.3g (3.74%), Sugar: 4.04g (4.49%), Cholesterol: 623.5mg (207.83%), Sodium: 2329.63mg (101.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.8g (63.6%), Vitamin K: 2495.88µg (2377.03%), Vitamin A: 20483.72IU (409.67%), Vitamin C: 90mg (109.09%), Selenium: 55.68µg (79.55%),

Magnesium: 270.66mg (67.67%), Manganese: 1.27mg (63.52%), Vitamin B2: 1.05mg (61.8%), Vitamin E: 8.13mg (54.21%), Phosphorus: 541.63mg (54.16%), Iron: 8.14mg (45.22%), Calcium: 413.72mg (41.37%), Potassium: 1429.57mg (40.84%), Copper: 0.67mg (33.3%), Folate: 115.39µg (28.85%), Vitamin B6: 0.56mg (28.06%), Vitamin B5: 2.78mg (27.76%), Vitamin B12: 1.53µg (25.45%), Zinc: 3.8mg (25.31%), Fiber: 5.05g (20.21%), Vitamin D: 2.81µg (18.7%), Vitamin B1: 0.19mg (12.45%), Vitamin B3: 1.41mg (7.07%)