



Spaghetti omelette

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 garlic clove crushed
- ☐ 1 onion chopped
- ☐ 2 courgettes grated
- ☐ 2 tbsp flat-leaf parsley chopped
- ☐ 300 g pot cheese sauce fresh
- ☐ 200 g pasta like spaghetti cooked
- ☐ 2 eggs

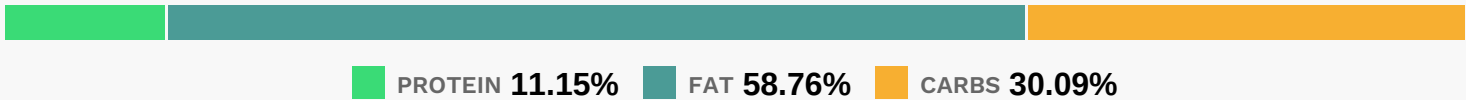
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat half the oil in a medium non-stick frying pan and add the garlic and onion. Cook for 2–3 mins, until softened. Using your hands, squeeze out as much moisture from the courgettes as possible.
- ☐ Add them to the pan and cook for a further 3–4 mins, until tender. Spoon the vegetables into a large bowl.
- ☐ Stir in the parsley, cheese sauce and spaghetti and season. Beat the eggs and stir into the mixture.
- ☐ Heat remaining oil in the frying pan and tip in the spaghetti mixture. Level it out with the back of a spoon and cook over a medium heat for 3–5 mins, until almost set.
- ☐ Transfer to a hot grill for 2–3 mins, until golden. Leave to cool in the pan for 5 mins, then cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:8.01, Inflammation Score:-7, Nutrition Score:11.779130417368%

Flavonoids

Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 348.8kcal (17.44%), Fat: 23.34g (35.91%), Saturated Fat: 4.84g (30.25%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 24.47g (8.9%), Sugar: 7g (7.78%), Cholesterol: 88.59mg (29.53%), Sodium: 657.76mg (28.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.93%), Vitamin K: 39.78µg (37.88%), Selenium: 20.4µg (29.14%), Vitamin C: 22.34mg (27.08%), Manganese: 0.39mg (19.58%), Vitamin A: 877.47IU (17.55%), Vitamin B6: 0.27mg (13.28%), Vitamin B2: 0.21mg (12.52%), Phosphorus: 120.02mg (12%), Folate: 45.5µg (11.37%), Potassium: 361.89mg (10.34%), Fiber: 2.43g (9.7%), Calcium: 95.42mg (9.54%), Vitamin E: 1.41mg (9.38%), Iron: 1.62mg (8.97%), Magnesium: 33.17mg (8.29%), Copper: 0.13mg (6.68%), Vitamin B5: 0.64mg (6.39%), Zinc: 0.93mg (6.19%), Vitamin B1: 0.08mg (5.25%), Vitamin B3: 0.72mg (3.6%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)