



Spanish Omelet



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



354 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 6 eggs
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup olive oil
- ☐ 1 pound russet potatoes peeled
- ☐ 1 medium onion yellow thinly sliced

Equipment

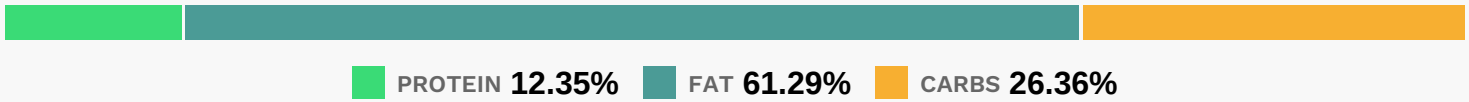
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ stove

Directions

- ☐ Heat oven to 350 F. Halve the potatoes lengthwise and cut each half into 1/4-inch-thick slices.
- ☐ Heat the oil in an ovenproof, preferably nonstick, skillet over medium heat.
- ☐ Add the potatoes and cook until almost tender, about 10 minutes.
- ☐ Add the onion and cook until softened, about 5 minutes. Carefully pour off all but 1 tablespoon of the oil from the potatoes and onion. Season with 1 teaspoon of the salt and the pepper. Meanwhile, in a medium bowl, combine the eggs, the rosemary (if using), and the remaining salt.
- ☐ Pour the eggs over the potatoes and reduce heat to low. Cook, without stirring, for 1 minute. Stir once and cook until the eggs begin to set, about 3 minutes.
- ☐ Transfer to oven and bake until set, about 8 minutes. Use a knife to loosen the omelet from the side of the skillet. Slide or invert it onto a plate. Slice into wedges.
- ☐ Serve hot or at room temperature. Tip: A Spanish omelet is traditionally cooked entirely on the stovetop. To try this, when the eggs begin to set, slide the omelet onto a plate, invert it back into the skillet, and finish cooking over medium heat. Or, if you're feeling adventurous, flip it.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:16.7, Inflammation Score:-4, Nutrition Score:12.730434790902%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 354.4kcal (17.72%), Fat: 24.4g (37.54%), Saturated Fat: 4.59g (28.7%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 21.64g (7.87%), Sugar: 2.11g (2.35%), Cholesterol: 245.52mg (81.84%), Sodium: 972.93mg (42.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.06g (22.12%), Selenium: 20.86µg (29.8%), Vitamin B6: 0.54mg (26.84%), Vitamin E: 3.3mg (22.02%), Vitamin B2: 0.35mg (20.39%), Phosphorus: 201.22mg (20.12%), Potassium: 606.12mg (17.32%), Vitamin B5: 1.39mg (13.89%), Folate: 52.14µg (13.04%), Iron: 2.31mg (12.82%), Vitamin K: 13.39µg (12.75%), Manganese: 0.25mg (12.51%), Vitamin C: 8.5mg (10.3%), Vitamin B12: 0.59µg (9.79%), Magnesium: 36.99mg (9.25%), Copper: 0.18mg (8.87%), Vitamin B1: 0.13mg (8.81%), Vitamin D: 1.32µg (8.8%), Zinc: 1.23mg (8.2%), Fiber: 1.97g (7.89%), Vitamin A: 358.77IU (7.18%), Vitamin B3: 1.26mg (6.28%), Calcium: 59.3mg (5.93%)