



Spanish Omelet with Romesco Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



497 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 cup roasted almonds
- ☐ 1 tomatoes whole canned peeled
- ☐ 1 slice top cut into 1/2-inch cubes
- ☐ 5 large eggs
- ☐ 2 cloves garlic sliced
- ☐ 0.3 cup hazelnuts with skin)
- ☐ 4 servings kosher salt
- ☐ 0.5 cup coarsely manchego cheese grated
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling

- ☐ 0.5 teaspoon pepper flakes red plus more to taste
- ☐ 0.5 tablespoon red wine vinegar
- ☐ 0.3 cup roasted peppers red jarred (preferably piquillos)
- ☐ 1 scallion minced
- ☐ 3 slices serrano ham thin

Equipment

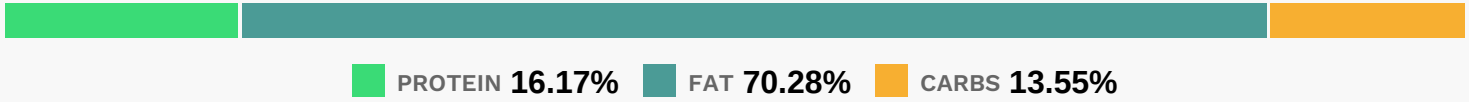
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Prepare the sauce: Preheat the oven to 350 degrees F.
- ☐ Place the hazelnuts on a baking sheet and toast until golden, 10 to 15 minutes. Wrap in a clean towel while still warm and rub to remove the skins.
- ☐ Heat 1/3 cup olive oil in a 9-inch nonstick skillet over medium heat.
- ☐ Add the hazelnuts, almonds, bread, garlic and red pepper flakes and cook until golden, about 3 minutes.
- ☐ Transfer to a food processor; add the tomato, piquillo peppers, vinegar and 1/4 teaspoon salt and pulse, thinning with water as needed.
- ☐ Add salt and red pepper flakes to taste.
- ☐ Whisk the eggs, a pinch of salt and the scallion in a bowl. Return the skillet to medium heat and drizzle with more oil, if needed.
- ☐ Add the eggs and cook about 3 minutes, loosening the edges with a rubber spatula to allow the uncooked egg to run underneath.

- ☐
- Sprinkle with the cheese, then layer the ham and 1/4 cup sauce on one side. Cook until the cheese melts and the eggs set, 2 to 3 more minutes. Fold in half to cover the filling.
- ☐
- Serve with more sauce, if desired.
- ☐
- Photograph by Stephanie Foley

Nutrition Facts



Properties

Glycemic Index:41.88, Glycemic Load:6.75, Inflammation Score:-6, Nutrition Score:19.601739302925%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epigallocatechin: 0.44mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 497.23kcal (24.86%), Fat: 39.73g (61.12%), Saturated Fat: 8.95g (55.94%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 13.71g (4.98%), Sugar: 4.23g (4.7%), Cholesterol: 253.24mg (84.41%), Sodium: 942.97mg (41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.14%), Vitamin E: 7.51mg (50.04%), Manganese: 0.9mg (44.86%), Selenium: 24.72µg (35.32%), Vitamin B2: 0.53mg (31.17%), Calcium: 268.6mg (26.86%), Phosphorus: 230.87mg (23.09%), Iron: 3.82mg (21.22%), Vitamin K: 21.68µg (20.65%), Copper: 0.38mg (19.12%), Vitamin C: 15.14mg (18.35%), Folate: 73.12µg (18.28%), Vitamin B1: 0.26mg (17.26%), Vitamin B6: 0.33mg (16.66%), Magnesium: 62.67mg (15.67%), Fiber: 3.53g (14.1%), Vitamin A: 686.66IU (13.73%), Potassium: 447.55mg (12.79%), Vitamin B5: 1.26mg (12.6%), Zinc: 1.64mg (10.91%), Vitamin B3: 2.11mg (10.56%), Vitamin B12: 0.56µg (9.27%), Vitamin D: 1.25µg (8.33%)