



## Spanish omelette



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



3

CALORIES



366 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 500 g potato such as charlotte
- ☐ 1 knob butter
- ☐ 2 small onions finely sliced
- ☐ 1 bell pepper red finely chopped
- ☐ 8 eggs
- ☐ 25 g pack chives

## Equipment

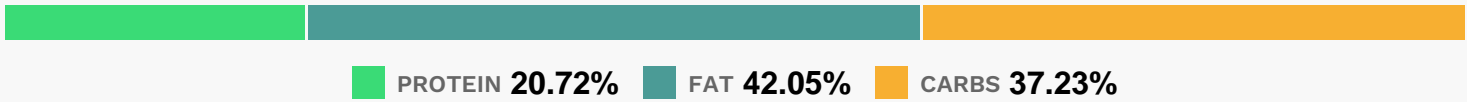
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ kitchen scissors

## Directions

- ☐ Finely slice the onions and chop the red pepper, removing the seeds.
- ☐ Cut the potatoes into roughly cm slices.
- ☐ Heat a knob of butter in a medium (about 24cm) frying pan over a low heat and cook gently for 10 15 until starting to go brown, add the peppers and cook for a further 5 mins.
- ☐ Put the potatoes in a steamer over boiling water for 10 – 12 mins to soften. If you dont have a steamer, put in a saucepan, cover with boiling water and simmer gently for around 8 – 10 mins until just cooked through and drain well.
- ☐ Break the eggs into a jug and beat with a fork, season with a generous grind of pepper and a pinch of salt. Use scissors to snip the chives into small pieces and stir in.
- ☐ Heat the grill.
- ☐ Add a little more butter to the frying pan and add the potatoes.
- ☐ Pour over the egg mixture. Cook for 15 mins until almost set and golden brown underneath – you can use a fish slice to lift the omelette up and check.
- ☐ Put the frying pan under the grill. Make sure the handle is outside the oven as it will become very hot and can burn. Cook for a further minute or two and serve.

## Nutrition Facts



## Properties

Glycemic Index:51.33, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:26.200000016586%

## Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.9mg, Isorhamnetin: 2.9mg, Isorhamnetin: 2.9mg, Isorhamnetin: 2.9mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.05mg, Quercetin:

11.05mg, Quercetin: 11.05mg, Quercetin: 11.05mg

Nutrients (% of daily need)

Calories: 366.12kcal (18.31%), Fat: 17.3g (26.61%), Saturated Fat: 7.38g (46.15%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 29.79g (10.83%), Sugar: 6.39g (7.1%), Cholesterol: 451.53mg (150.51%), Sodium: 245.33mg (10.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.34%), Vitamin C: 73.4mg (88.97%), Selenium: 37.27µg (53.25%), Vitamin A: 2425.84IU (48.52%), Vitamin B2: 0.65mg (38.01%), Phosphorus: 364.35mg (36.43%), Vitamin B6: 0.67mg (33.3%), Potassium: 1098.43mg (31.38%), Folate: 121.22µg (30.31%), Vitamin B5: 2.48mg (24.82%), Vitamin K: 25.56µg (24.34%), Iron: 3.67mg (20.41%), Manganese: 0.4mg (20.18%), Fiber: 4.67g (18.67%), Vitamin B12: 1.06µg (17.6%), Copper: 0.35mg (17.29%), Magnesium: 63.81mg (15.95%), Vitamin D: 2.35µg (15.64%), Vitamin B1: 0.23mg (15.44%), Zinc: 2.3mg (15.3%), Vitamin E: 2.06mg (13.76%), Vitamin B3: 2.5mg (12.51%), Calcium: 105.23mg (10.52%)