



## Spanish Potato Omelet

 Vegetarian  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



5

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 0.3 tsp pepper black
- 6 large eggs
- 2 cloves garlic minced
- 0.3 cup olive oil divided
- 1 large onion thinly sliced
- 2 lb potatoes peeled cut into 1/8-inch-thick slices
- 0.5 tsp salt

### Equipment

- bowl
- frying pan
- toothpicks
- broiler
- colander

## Directions

- Heat 1/4 cup of the oil in 8- or 9-inch ovenproof skillet on medium heat.
- Add 1/3 of the potatoes; cover with layers of 1/3 each of the onions and garlic.
- Sprinkle lightly with salt and pepper. Repeat layers 2 times. Cook 5 minutes. Gently turn potato mixture over; cook an additional 5 minutes.
- Remove potato mixture from skillet; place in colander.
- Drain. Wash skillet.
- Preheat broiler. Beat eggs in large bowl.
- Add potato mixture; stir gently.
- Let stand 10 minutes.
- Heat remaining 1 Tbsp. oil in same skillet on medium heat.
- Add egg mixture; tilt skillet to evenly cover bottom of skillet. Reduce heat to medium-low; cook 2 minutes, gently lifting omelet occasionally to prevent it from sticking to skillet.
- Place skillet 4 to 6 inches from heat. Broil 10 minutes or until center is set and top is lightly browned. Gently cut around edge to loosen omelet from pan; slide omelet out of pan onto plate.
- Cut into bite-sized wedges or squares.
- Serve warm with toothpicks.

## Nutrition Facts



PROTEIN 13.76%  FAT 44.42%  CARBS 41.82%

## Properties

Glycemic Index:34.55, Glycemic Load:23.95, Inflammation Score:-5, Nutrition Score:16.147391319275%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg

## Nutrients (% of daily need)

Calories: 335.02kcal (16.75%), Fat: 16.71g (25.71%), Saturated Fat: 3.43g (21.44%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 30.84g (11.21%), Sugar: 2.92g (3.25%), Cholesterol: 223.2mg (74.4%), Sodium: 330.27mg (14.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.28%), Vitamin C: 38.34mg (46.47%), Vitamin B6: 0.69mg (34.42%), Selenium: 19.29µg (27.56%), Potassium: 896.75mg (25.62%), Phosphorus: 232.91mg (23.29%), Vitamin B2: 0.34mg (20.11%), Manganese: 0.37mg (18.33%), Fiber: 4.55g (18.21%), Folate: 62.98µg (15.75%), Vitamin B5: 1.5mg (15.02%), Vitamin E: 2.21mg (14.74%), Iron: 2.62mg (14.56%), Magnesium: 52.41mg (13.1%), Copper: 0.26mg (12.8%), Vitamin B1: 0.19mg (12.36%), Vitamin B3: 2mg (10.01%), Vitamin K: 10.43µg (9.94%), Zinc: 1.37mg (9.11%), Vitamin B12: 0.53µg (8.9%), Vitamin D: 1.2µg (8%), Vitamin A: 328.88IU (6.58%), Calcium: 65.14mg (6.51%)