

## Spanish Potato Omelet

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 4 eggs
- 2 spring onion chopped
- 0.5 cup olive oil
- 1 large onion thinly sliced
- 0.5 pound potatoes thinly sliced
- 6 servings salt and pepper to taste
- 2 tomatoes peeled seeded coarsely chopped

### Equipment

frying pan

spatula

## Directions

In a large frying pan or skillet, heat olive oil over medium-high heat.

Sprinkle potatoes lightly with salt and pepper. Cook until golden brown and crisp.

Once the potatoes are golden, stir in the onions. Cook, stirring occasionally, until onions soften and begin to brown.

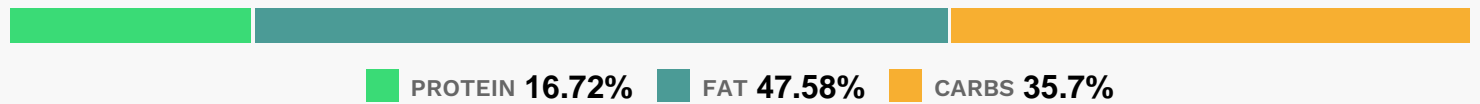
Meanwhile, beat eggs together with salt and pepper.

Pour eggs into pan and stir gently to combine. Reduce heat to low and cook until eggs begin to brown on the bottom.

Loosen bottom of omelet with a spatula, invert a large plate over the pan, and carefully turn the omelet out onto it. Slide the omelet back into the pan with the uncooked side down. Cook until eggs are set.

Garnish omelet with tomato and green onion and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:30.13, Glycemic Load:5.83, Inflammation Score:-5, Nutrition Score:7.5778260231018%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg 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: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

## Nutrients (% of daily need)

Calories: 121.54kcal (6.08%), Fat: 6.54g (10.06%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 9.19g (3.34%), Sugar: 2.63g (2.93%), Cholesterol: 109.12mg (36.37%), Sodium: 241.47mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Vitamin C: 15.67mg (18.99%), Vitamin K: 14.59µg (13.9%), Selenium: 9.27µg (13.24%), Vitamin B6: 0.23mg (11.33%), Vitamin A: 541.07IU (10.82%), Potassium: 344.4mg

(9.84%), Phosphorus: 98.2mg (9.82%), Vitamin B2: 0.16mg (9.64%), Folate: 33.29µg (8.32%), Manganese: 0.15mg (7.6%), Fiber: 1.85g (7.41%), Vitamin E: 1.08mg (7.19%), Vitamin B5: 0.63mg (6.32%), Iron: 1.05mg (5.85%), Magnesium: 20.03mg (5.01%), Copper: 0.1mg (4.97%), Vitamin B1: 0.07mg (4.72%), Vitamin B12: 0.26µg (4.35%), Zinc: 0.62mg (4.11%), Vitamin D: 0.59µg (3.91%), Vitamin B3: 0.71mg (3.57%), Calcium: 33.85mg (3.38%)