



WHATSheATE



Stinging Nettle and Sharp Cheddar Omelet



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



293 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons ghee (available here)
- ☐ 6 eggs
- ☐ 2 tablespoons chives fresh snipped finely
- ☐ 0.3 cup heavy cream
- ☐ 8 ounces stinging nettle leaves
- ☐ 0.5 teaspoon unrefined sea salt (available here)
- ☐ 2 ounces sharp cheddar cheese sliced thin

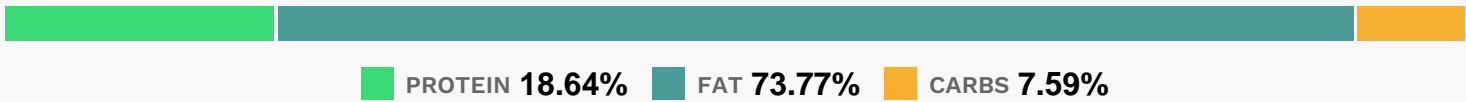
Equipment

- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ wooden spoon
- ☐ stove
- ☐ slotted spoon

Directions

- ☐ Drop the nettle leaves into a medium sized stockpot, sprinkle with salt and pour in 1 to 2 tablespoons water. Set the pot over medium-low heat on your stove, and cover it with a tight-fitting lid. Allow the nettles to wilt until they release their juice, soften and grow limp – about 20 minutes.
- ☐ Remove the nettle leaves with a slotted spoon and transfer them to a fine-mesh sieve (like this one), press them firmly with the back of a wooden spoon so their juice runs out, then set them aside while you prepare the omelet. Beat the eggs with heavy cream until loosely combined, and not frothy. Warm the clarified butter in a large and well-seasoned cast-iron skillet (like this one) over medium-high heat. When it melts, pour in the eggs, swirl the pan to promote an even layer of egg and let them cook in the hot butter until the edges begin to ruffle ever so slightly – about 5 to 10 seconds. Reduce the heat to low, and cover the skillet with a lid for 20 to 30 seconds or until the eggs set. Lift off the cover, and fill one side of the omelet with the wilted nettles, sprinkle with chives and top with slices of cheddar cheese. Fold the unfilled half of the omelet over the filling, return the lid and let it sit a further 20 to 30 seconds, then serve.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.11, Inflammation Score:-8, Nutrition Score:18.39304357508%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 292.75kcal (14.64%), Fat: 24g (36.92%), Saturated Fat: 12.85g (80.33%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 1.61g (0.58%), Sugar: 0.89g (0.99%), Cholesterol: 295.7mg (98.57%), Sodium: 483.59mg (21.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.3%), Vitamin K: 286.91µg (273.25%), Calcium: 421.28mg (42.13%), Vitamin A: 1922.61IU (38.45%), Selenium: 24.9µg (35.58%), Vitamin B2: 0.48mg (28.5%), Phosphorus: 245.35mg (24.54%), Manganese: 0.47mg (23.4%), Fiber: 3.95g (15.8%), Vitamin B12: 0.76µg (12.69%), Iron: 2.15mg (11.94%), Magnesium: 45.74mg (11.44%), Vitamin B5: 1.11mg (11.13%), Folate: 44.1µg (11.03%), Vitamin D: 1.64µg (10.95%), Zinc: 1.61mg (10.73%), Vitamin B6: 0.19mg (9.38%), Potassium: 310mg (8.86%), Vitamin E: 0.94mg (6.26%), Copper: 0.1mg (4.98%), Vitamin B1: 0.04mg (2.61%), Vitamin B3: 0.3mg (1.48%), Vitamin C: 0.96mg (1.16%)