

 **3%**
HEALTH SCORE

Torta (Filipino Omelet)

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 pound baking potatoes diced low fat
- 4 garlic clove minced
- 1 onion diced finely
- 1 can tomatoes diced drained
- 6 eggs
- 1 Bunch spring onion finely chopped
- 0.3 cup cilantro leaves chopped
- 4 tablespoons vegetable oil

- 4 tablespoons soy sauce low-sodium
- 8 servings salt and pepper

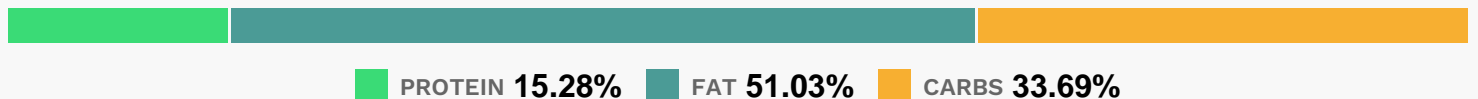
Equipment

- frying pan
- ladle
- whisk
- mixing bowl

Directions

- In a medium-heated large skillet, add a little oil and thoroughly cook the meat and potatoes along with soy sauce, garlic and onions. Set aside to cool.
- Meanwhile, in a mixing bowl, combine cooled meat mixture with the eggs, tomatoes, cilantro and scallions. Season with salt & pepper and whisk until evenly incorporated.
- In the same skillet in medium heat, ladle just enough to form a thin pancake-size patty, one batch at a time. Cook both sides, flipping over after 2-3 minutes. Be careful not to over brown the eggs.
- Transfer to a plate, cut in wedges (for bite-size servings) and garnish with cilantro leaves, if you want.

Nutrition Facts



Properties

Glycemic Index:25.72, Glycemic Load:8.53, Inflammation Score:-4, Nutrition Score:9.214347826087%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Taste

Sweetness: 40.41%, Saltiness: 100%, Sourness: 32.15%, Bitterness: 14.28%, Savoriness: 36.37%, Fattiness: 80.26%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 174.2kcal (8.71%), Fat: 10.1g (15.54%), Saturated Fat: 2.1g (13.16%), Carbohydrates: 15g (5%), Net Carbohydrates: 13.34g (4.85%), Sugar: 2.41g (2.68%), Cholesterol: 122.76mg (40.92%), Sodium: 606.47mg (26.37%), Protein: 6.81g (13.62%), Vitamin K: 22.96µg (21.86%), Vitamin B6: 0.36mg (17.96%), Selenium: 10.75µg (15.36%), Vitamin B2: 0.23mg (13.27%), Phosphorus: 127.2mg (12.72%), Potassium: 443.74mg (12.68%), Vitamin C: 10.19mg (12.36%), Manganese: 0.22mg (11.1%), Iron: 1.78mg (9.9%), Folate: 35.97µg (8.99%), Vitamin E: 1.32mg (8.82%), Vitamin B5: 0.79mg (7.94%), Magnesium: 30.66mg (7.66%), Copper: 0.14mg (6.76%), Fiber: 1.66g (6.66%), Vitamin B1: 0.1mg (6.49%), Vitamin A: 302.94IU (6.06%), Vitamin B3: 1.12mg (5.58%), Calcium: 52.67mg (5.27%), Zinc: 0.78mg (5.2%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.66µg (4.4%)