



## Ultimate French omelette

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



397 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- ☐ 3 eggs fresh organic free-range room temperature
- ☐ 2 knobs butter unsalted
- ☐ 1 tsp parmesan freshly grated finely (or vegetarian alternative)
- ☐ 2 tarragon chopped
- ☐ 1 tbsp chives snipped chopped
- ☐ 3 tbsp gruyere cheese finely grated

## Equipment

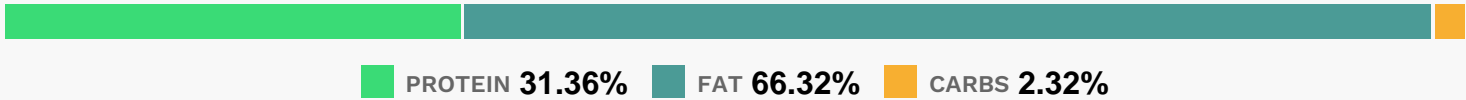
- ☐ bowl

- ☐ frying pan
- ☐ spatula

## Directions

- ☐ Get everything ready. Warm a 20cm (measured across the top) non-stick frying pan on a medium heat. Crack the eggs into a bowl and beat them with a fork so they break up and mix, but not as completely as you would for scrambled egg. With the heat on medium-hot, drop one knob of butter into the pan. It should bubble and sizzle, but not brown. Season the eggs with the parmesan and a little salt and pepper, and pour into the pan.
- ☐ Let the eggs bubble slightly for a couple of seconds, then take a wooden fork or spatula and gently draw the mixture in from the sides of the pan a few times, so it gathers in folds in the centre. Leave for a few seconds, then stir again to lightly combine uncooked egg with cooked. Leave briefly again, and when partly cooked, stir a bit faster, stopping while theres some barely cooked egg left. With the pan flat on the heat, shake it back and forth a few times to settle the mixture. It should slide easily in the pan and look soft and moist on top. A quick burst of heat will brown the underside.
- ☐ Grip the handle underneath. Tilt the pan down away from you and let the omelette fall to the edge. Fold the side nearest to you over by a third with your fork, and keep it rolling over, so the omelette tips onto a plate or fold it in half, if thats easier. For a neat finish, cover the omelette with a piece of kitchen paper and plump it up a bit with your fingers. Rub the other knob of butter over to glaze.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:142, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:20.259130172108%

## Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 396.94kcal (19.85%), Fat: 28.92g (44.5%), Saturated Fat: 13.75g (85.91%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.71g (0.79%), Cholesterol: 544.79mg (181.6%), Sodium: 521.6mg (22.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.77g (61.55%), Selenium: 47.31µg (67.59%), Calcium: 559.61mg (55.96%), Phosphorus: 545.04mg (54.5%), Vitamin B2: 0.76mg (44.78%), Vitamin B12: 1.9µg (31.66%), Vitamin A: 1405.52IU (28.11%), Zinc: 3.56mg (23.71%), Vitamin B5: 2.29mg (22.89%), Vitamin D: 2.94µg (19.61%), Folate: 75.23µg (18.81%), Iron: 3.09mg (17.16%), Vitamin B6: 0.31mg (15.68%), Manganese: 0.22mg (10.77%), Vitamin E: 1.57mg (10.43%), Magnesium: 40.48mg (10.12%), Potassium: 288.76mg (8.25%), Vitamin K: 8.14µg (7.75%), Copper: 0.13mg (6.41%), Vitamin B1: 0.09mg (5.82%), Vitamin C: 2.74mg (3.32%), Vitamin B3: 0.35mg (1.74%)