FILIPINO · BREAKFAST · LUNCH

Tortang Giniling (High-Protein Filipino Pork Omelette)

40 min · Serves 4 · 517 kcal a serve · Video 14:49 · Panlasang Pinoy

Gluten-free ingredients · No dairy listed · No nuts listed

Pork mince, eggs and vegetables give about 34 g protein for 10 g net carbs a serve, with no flour, and it is rich in selenium, vitamin C and vitamin B12.

Diet notes: Keto (9.8 g net carbs a serve).

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Ingredients 11 · SERVES 4

- [ ] 3 tbsp **vegetable oil** (most for sautéing, a little for frying)
- [ ] 1 medium **onion**, diced
- [ ] 4 cloves **garlic**, chopped
- [ ] 2 medium **tomatoes**, diced
- [ ] 454 g **ground pork**
- [ ] 1 small **green bell pepper**, minced
- [ ] 1 small **red bell pepper**, minced
- [ ] 70 g **frozen green peas**
- [ ] 1½ tsp **salt**
- [ ] ¼ tsp **ground black pepper**
- [ ] 6 **eggs**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat most of the oil in a pan and sauté the onion for about 30 seconds. 1:45
2. Add the garlic for about 20 seconds, then the tomatoes, and sauté until the onion and tomatoes are completely soft. 2:31
3. Add the ground pork over high heat, breaking it apart as it browns so it doesn't clump; once browned, lower to medium and cook through. 3:26
4. Add the bell peppers and cook 2 minutes, then the frozen peas and cook 5 minutes more. 4:53
5. Season with the salt and pepper (or fish sauce), cook 2–3 minutes, then take off the heat and let the mixture cool so it won't cook the eggs. 6:08
6. Crack the eggs into a large bowl, beat well and mix in the cooled pork until evenly combined. 6:55
7. Heat a little oil (or spray) in a pan over medium heat. Ladle in small scoops, letting excess egg drip off first, and push any spreading egg back towards the filling. Cook 1–1½ minutes. 7:55
8. Flip when the omelette slides freely and cook the other side 1–1½ minutes. Repeat in batches with the rest of the mixture. 9:32

> **Tip** Serves 4 (our estimate) as several small omelettes each. In the Philippines it's eaten with rice and banana ketchup; for a low-carb breakfast, have it with a salad or sliced tomato. Beef, chicken or turkey mince works too.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
517 kcal	34 g	13 g	3.4 g	36 g	1,030 mg
2,160 kJ	68% of a day	9.8 g net · 6.7 g sugars	12% of a day	9.8 g saturated	45% of a day
		5% of a day		46% of a day	

Energy from net carbs 8% · protein 27% · fat 65% — fits keto: 9.8 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Selenium 98% · Vitamin C 75% · Omega-3 66% · Vitamin B12 54% · Vitamin B6 42% · Zinc 37% · Vitamin E 24% · Vitamin A 21% · Folate 20%

Source of (10–19%) Vitamin K 17% · Potassium 16% · Iron 15% · Magnesium 12% · Vitamin D 10%

Recipe and video: Panlasang Pinoy (@panlasangpinoy) on YouTube — youtube.com/watch?v=8-jrVHb6af4, published 23 May 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tortang-giniling-filipino-pork-omelette