SPANISH · SIDE · SNACK

Spanish Cauliflower Omelette

Tortilla de coliflor

35 min · Serves 8 · 127 kcal a serve · Video 8:57 · Spain on a Fork

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

Only 4 g net carbs a wedge and rich in vitamin C: a Spanish omelette made with cauliflower instead of potato, plus onion, garlic and parsley. Paleo as written; the eggs and salt put it over the DASH side limits.

Diet notes: Keto (4 g net carbs a serve).

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Ingredients 7 · SERVES 8

- [ ] 1 head **cauliflower** (about 1 lb), in small florets
- [ ] 3 tbsp (3 tbsp) extra **virgin olive oil**
- [ ] 1 medium **onion**, finely chopped
- [ ] 4 **garlic** cloves, roughly chopped
- [ ] 6 large **eggs**
- [ ] 2 tbsp chopped **fresh parsley**
- [ ] **Salt**: a pinch of sea salt and black pepper, to taste

Amounts in US 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. Bring a stockpot of well-salted water to the boil. Pull off the cauliflower leaves, quarter the head and cut it into small, even florets, then rinse them. 1:39
2. Boil the florets 4–6 minutes, until a fork goes in with a little resistance, then drain and leave them in the colander. 2:45
3. Finely chop the onion and garlic. Whisk the eggs in a large bowl with the parsley, salt and pepper. 3:15
4. Spin or pat the cauliflower completely dry. 4:07
5. Heat 2 tbsp olive oil in a 11 inches (11 in) non-stick pan over medium heat, sauté the onion and garlic 3–4 minutes until translucent, then add the cauliflower for a couple of minutes more. 4:24
6. Stir the cauliflower mixture into the eggs. Heat the last 1 tbsp oil in the pan over medium-low heat, pour in the mixture and cook 3–4 minutes. 5:13
7. Loosen the edges, turn the omelette onto a plate slightly smaller than the pan, slide it back in and cook 3–4 minutes more. Cut into 8 wedges. 6:21

Tip Keep the heat at medium-low so the middle sets before the outside browns.

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
127 kcal	**6.1** g	**5.5** g	**1.5** g	**9.2** g	**450** mg
530 kJ	12% of a day	4 g net · 2.3 g sugars	5% of a day	2 g saturated	20% of a day
		2% of a day		12% of a day	

Energy from net carbs 13% · protein 20% · fat 67% — fits keto: 4 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Vitamin C 34% · Vitamin K 24% · Selenium 22%

Source of (10–19%) Vitamin B12 17% · Folate 13% · Vitamin B6 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=YUqC-89_KLQ. 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/tortilla-de-coliflor