

Aubergine Omelette



Ingredients:

For 1 person-

- 25 g aubergine***
- 90 g egg (3 eggs)***
- 5 g salt***
- 5 g pepper***
- 5 g parsley***
- 30 g olive oil***

Preparation:

- 1. Slice the aubergines lengthwise on slices half a centimetre thick. Salt it and leave it for 15 minutes.***
- 2. Whisk the eggs, pepper them and add chopped parsley.***
- 3. Strain off the water from the aubergines, wipe them up and fry them on both sides on oil in a larger pan. Spread them over the pan and pour the egg mixture over them.***
- 4. When the omelette is done on one side, turn it around and fry it on the other side***
- 5. Serve the omelette.***



*Nutritional analysis in relation to GDA**

INGREDIENTS

Eggs (68%), Olive oil (14%), Aubergine (11%), Salt (2%), Parsley (2%), Pepper (2%).

NUTRITION INFORMATION

Typical values	Per 100g	Per 220.0g Serving	Adult GDA	% GDA
ENERGY	941 kJ	2072 kJ		
	228 kcal	501 kcal	2000 kcal	25%
PROTEIN	8.9g	19.7g	45g	44%
CARBOHYDRATE	0.3g	0.7g	230g	0%
of which SUGARS	0.3g	0.6g	90g	1%
FAT	21.4g	47.1g	70g	67%
of which SATURATES	4.1g	9.0g	20g	45%
FIBRE	0.3g	0.8g	24g	3%
SODIUM*	1.0g	2.2g	2.4g	91%
*equivalent as SALT	2.5g	5.4g	6g	91%

**GDA: Guideline Daily Amount*



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