

## Omelette All Bran®

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| Energiecontent – ratio 3,8:1 |              |
|------------------------------|--------------|
| Proteins                     | 3,3 g        |
| Fats                         | 21,8 g       |
| Carbohydrates                | 2,5 g        |
| <b>Kcal</b>                  | <b>218,8</b> |

### Ingredients

| Ratio                      | 3:1  | 3,5:1 | 3,8:1 | 4:1  |
|----------------------------|------|-------|-------|------|
| Egg                        | 25 g | 22 g  | 21 g  | 20 g |
| Calogen® (SHS)             | 21 g | 21 g  | 23 g  | 23 g |
| All Bran plus® (Kellogg's) | 6 g  | 5 g   | 5 g   | 5 g  |
| Peanut oil                 | 7 g  | 8 g   | 8 g   | 9 g  |

### Preparation

- Mix all ingredients, except the peanut oil, together
- Warm the peanut oil in a frying pan
- Pour the mixture into the frying pan and bake it at both sides until auburn