FRENCH · BREAKFAST · LUNCH

Classic French Omelette in Butter

5 min · Serves 1 · 334 kcal a serve · Video 9:13 · Jacques Pépin Foundation

Vegetarian · Gluten-free ingredients · Nut-free

Three eggs cooked in a tablespoon of butter give about 19 g of protein and under 2 g of carbohydrate; one omelette is rich in selenium, vitamin B12 and vitamin A.

Diet notes: Carnivore if you leave out the chives; Keto (1.8 g net carbs a serve).

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Ingredients 5 · SERVES 1

- [ ] 3 large **eggs**
- [ ] 1 tbsp **unsalted butter**
- [ ] a pinch of **fine sea salt**
- [ ] a pinch of **freshly ground black pepper**
- [ ] 1 tbsp minced **chives** (optional)

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

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Crack the 3 eggs on a flat surface into a bowl, add a pinch of salt and pepper (and the herbs if using) and beat with a fork until completely smooth, with no strands of white left. 5:06
2. Melt 1 tbsp butter in a 15–18 cm nonstick pan over medium-high heat. As soon as it foams, turn the heat down to medium and pour in the eggs. 5:52
3. Stir the eggs constantly with the back of a fork while you shake the pan with the other hand, so they set into small, very creamy curds like soft scrambled eggs. 6:37
4. While the centre is still moist, tilt the pan and gather the eggs at the far side. Fold the near edge in towards the middle, then tap the handle so the far edge rolls over into a half-moon. 7:15
5. Keep it pale, not browned. Tip it onto a plate seam-side down and serve straight away; the inside should stay soft and creamy. 7:56

> **Tip** For Jacques's diner-style version, cook the same eggs over higher heat with larger curds and brown the underside with an extra teaspoon of butter. Leave out the herbs to keep it strictly carnivore.

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

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
334 kcal 1,400 kJ	19 g 38% of a day	1.9 g 1.8 g net · 1.7 g sugars 1% of a day	0.1 g 0% of a day	27 g 12 g saturated 35% of a day	380 mg 17% of a day

Energy from net carbs 2% · protein 23% · fat 75% — fits keto: 1.8 g net carbs, 75% of the energy from fat

High in (20%+ of a day) Selenium 84% · Vitamin B12 70% · Vitamin A 36%

Source of (10–19%) Vitamin D 18% · Folate 17% · Zinc 15% · Vitamin E 12% · Vitamin B6 11% · Iron 10%

Recipe and video: Jacques Pépin Foundation (@JacquesPepinFoundation) on YouTube — youtube.com/watch?v=viUNdDENnDU, published 10 October 2025. 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/jacques-pepin-classic-french-omelette