



Bacon Omelet Roll with Salsa

READY IN



28 min.

SERVINGS



28

CALORIES



76 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 8 eggs
- 0.3 cup flour
- 3 green onions finely chopped
- 1 cup milk
- 1 tsp oregano leaves dried crushed
- 1 bell pepper red finely chopped
- 1 cup taco bell® & chunky salsa thick warmed
- 1 cup milk sharp cheddar cheese shredded 2% kraft

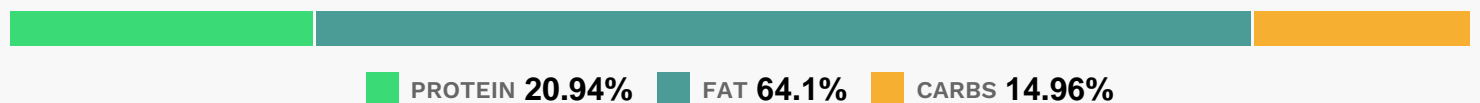
Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk

Directions

- Heat oven to 350F.
- Line 15x10x1-inch pan with parchment paper, with ends extending over shortest sides of pan. Spray with cooking spray.
- Beat eggs, milk and flour in large bowl with whisk until blended. Stir in next 4 ingredients.
- Pour into prepared pan.
- Bake 14 to 16 min. or until edges are almost set. Top with cheese; bake 2 min. or until melted.
- Roll up omelet immediately, starting at one short end and peeling off paper as omelet is rolled.
- Place on platter; cut into slices.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:7.46, Glycemic Load:1.08, Inflammation Score:-3, Nutrition Score:3.6713043503139%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 75.68kcal (3.78%), Fat: 5.39g (8.29%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.48g (0.9%), Sugar: 1.05g (1.16%), Cholesterol: 56mg (18.67%), Sodium: 150.5mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Selenium: 7.03µg (10.05%), Vitamin C: 5.86mg (7.1%), Phosphorus: 67.48mg (6.75%), Vitamin B2: 0.11mg (6.33%), Vitamin A: 316.32IU (6.33%), Calcium: 51.68mg (5.17%), Vitamin B12: 0.23µg (3.89%), Vitamin B6: 0.08mg (3.85%), Vitamin K: 3.82µg (3.64%), Folate: 12.78µg (3.2%), Vitamin B5: 0.32mg (3.17%), Zinc: 0.47mg (3.11%), Vitamin B1: 0.05mg (3.1%), Vitamin D: 0.4µg (2.64%), Vitamin E: 0.39mg (2.63%), Vitamin B3: 0.52mg (2.58%), Potassium: 84.85mg (2.42%), Iron: 0.42mg (2.34%), Manganese: 0.04mg (1.78%), Magnesium: 7.06mg (1.76%), Fiber: 0.36g (1.43%), Copper: 0.02mg (1.17%)