



Bacon Omelette Roll with Salsa

READY IN



38 min.

SERVINGS



8

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup cheese shredded kraft
- ☐ 4 slices bacon crumbled cooked
- ☐ 8 eggs
- ☐ 0.3 cup flour
- ☐ 3 spring onion finely chopped
- ☐ 1 cup milk
- ☐ 1 teaspoon oregano dried crushed
- ☐ 1 bell pepper red finely chopped
- ☐ 1 cup salsa warmed

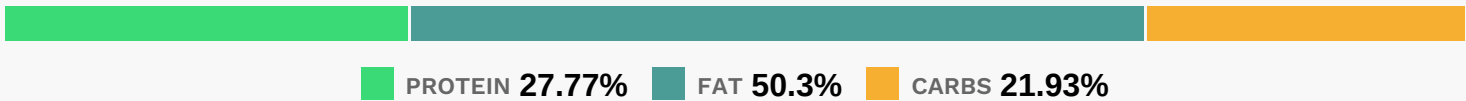
Equipment

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

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ 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 well 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 omelette immediately, starting at one short end and peeling off paper as omelette is rolled.
- ☐ Place on platter; cut into slices.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:3.76, Inflammation Score:-7, Nutrition Score:11.711304374363%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 176.29kcal (8.81%), Fat: 9.87g (15.18%), Saturated Fat: 4.29g (26.84%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 8.42g (3.06%), Sugar: 3.77g (4.18%), Cholesterol: 182.36mg (60.79%), Sodium: 443.73mg (19.29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.26g (24.52%), Selenium: 20.61µg (29.44%), Vitamin C: 20.51mg (24.86%), Vitamin A: 1053.98IU (21.08%), Phosphorus: 204.93mg (20.49%), Vitamin B2: 0.35mg (20.34%), Vitamin B12: 0.92µg (15.32%), Calcium: 151.45mg (15.15%), Vitamin K: 13.52µg (12.88%), Vitamin B6: 0.23mg (11.41%), Folate: 42.81µg (10.7%), Vitamin B5: 0.99mg (9.94%), Zinc: 1.39mg (9.25%), Vitamin D: 1.29µg (8.58%), Vitamin B1: 0.12mg (8.3%), Iron: 1.47mg (8.17%), Vitamin E: 1.23mg (8.17%), Potassium: 273.45mg (7.81%), Vitamin B3: 1.35mg (6.76%), Manganese: 0.13mg (6.36%), Magnesium: 22.36mg (5.59%), Fiber: 1.26g (5.05%), Copper: 0.07mg (3.71%)