



Baked Gruyere and Sausage Omelet

 Gluten Free

READY IN



43 min.

SERVINGS



6

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 6 servings butter for greasing baking dish
- ☐ 8 large eggs
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 4 ounces gruyère cheese grated
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion diced

- ☐ 1 bell pepper diced red
- ☐ 0.5 pound mild turkey sausage
- ☐ 0.3 cup milk whole

Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F. Lightly butter an 8 by 8-inch baking dish.
- ☐ Heat the oil in a medium skillet over medium-high heat.
- ☐ Add the onion and cook until translucent, about 3 minutes.
- ☐ Add the sausage and cook until brown, about 5 minutes. Set the pan aside to cool.
- ☐ In a large bowl, whisk together the eggs, milk, salt and pepper, to taste, until smooth, about 20 seconds.
- ☐ Add the red bell pepper, 1 cup of Gruyere cheese and 1/4 cup of parsley. Stir in the onion mixture.
- ☐ Pour the batter into the prepared pan.
- ☐ Sprinkle with the remaining cheese.
- ☐ Bake for 20 to 25 minutes or until golden brown.
- ☐ Cut the baked omelet into wedges and sprinkle with remaining parsley before serving.
- ☐ Cook's Note: To make individual servings, divide the batter between 4 buttered 8-ounce ramekins.
- ☐ Bake for 15 to 18 minutes.

Nutrition Facts

PROTEIN 27% FAT 68.25% CARBS 4.75%

Properties

Glycemic Index:35.17, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:17.601304582928%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 328.19kcal (16.41%), Fat: 24.75g (38.07%), Saturated Fat: 9.89g (61.8%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.15g (1.14%), Sugar: 2.32g (2.58%), Cholesterol: 309.52mg (103.17%), Sodium: 881.41mg (38.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.03g (44.06%), Vitamin K: 46.09µg (43.9%), Vitamin C: 30.44mg (36.9%), Phosphorus: 338.29mg (33.83%), Selenium: 23.6µg (33.72%), Vitamin A: 1546.79IU (30.94%), Vitamin B2: 0.49mg (28.76%), Calcium: 261.53mg (26.15%), Vitamin B12: 1.47µg (24.48%), Zinc: 2.91mg (19.41%), Vitamin B6: 0.37mg (18.71%), Vitamin B5: 1.66mg (16.58%), Vitamin E: 1.93mg (12.88%), Folate: 50.42µg (12.61%), Iron: 1.95mg (10.81%), Vitamin D: 1.6µg (10.64%), Vitamin B3: 2.07mg (10.33%), Potassium: 302.06mg (8.63%), Magnesium: 28.69mg (7.17%), Vitamin B1: 0.09mg (6.22%), Copper: 0.1mg (5%), Manganese: 0.09mg (4.27%), Fiber: 0.72g (2.89%)