



Baked Herb Omelet with Fruit Salsa

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 2 kiwi fruit peeled chopped
- 1 cup mangos pitted chopped
- 1 cup papaya peeled seeded chopped
- 1 jalapeno seeded finely chopped
- 1 cup pineapple chunks
- 1 tablespoon onion red finely chopped
- 1 tablespoon cilantro leaves fresh chopped
- 2 tablespoons juice of lime

- 0.5 cup onion chopped
- 2 oz mozzarella cheese shredded
- 1.5 cups milk
- 4 eggs
- 0.3 cup flour all-purpose
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon basil dried
- 0.3 teaspoon salt

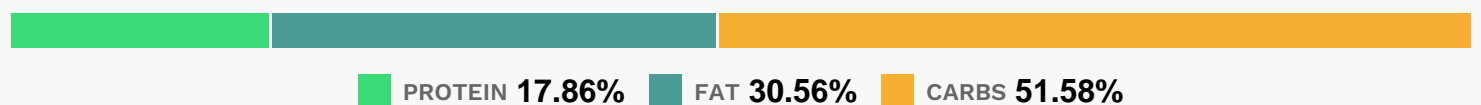
Equipment

- bowl
- oven
- knife
- blender

Directions

- In large glass or plastic bowl, mix all salsa ingredients. Refrigerate until serving time.
- Heat oven to 350°F. Grease 9-inch glass pie plate or spray with cooking spray.
- Sprinkle onion and cheese in pie plate. In blender, place all remaining omelet ingredients. Cover and blend on medium-high speed about 30 seconds or until smooth.
- Pour into pie plate.
- Bake uncovered about 40 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:85.53, Glycemic Load:10.31, Inflammation Score:-7, Nutrition Score:14.100000049757%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 208.27kcal (10.41%), Fat: 7.29g (11.22%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 24.88g (9.05%), Sugar: 17.92g (19.91%), Cholesterol: 123.91mg (41.3%), Sodium: 261.37mg (11.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.19%), Vitamin C: 55.98mg (67.86%), Selenium: 14.74µg (21.06%), Phosphorus: 193.12mg (19.31%), Calcium: 190.83mg (19.08%), Vitamin B2: 0.32mg (18.79%), Vitamin A: 919.5IU (18.39%), Vitamin K: 16.93µg (16.12%), Folate: 61.75µg (15.44%), Vitamin B12: 0.81µg (13.43%), Vitamin B1: 0.17mg (11.59%), Fiber: 2.82g (11.28%), Potassium: 380.38mg (10.87%), Vitamin B6: 0.21mg (10.71%), Vitamin B5: 0.91mg (9.08%), Magnesium: 35.63mg (8.91%), Vitamin D: 1.3µg (8.64%), Copper: 0.17mg (8.35%), Vitamin E: 1.19mg (7.92%), Zinc: 1.12mg (7.45%), Manganese: 0.15mg (7.42%), Iron: 1.32mg (7.32%), Vitamin B3: 1.06mg (5.28%)