

Baked Omelet Roll

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 eggs
- 0.5 cup flour all-purpose
- 0.3 teaspoon pepper black
- 1 cup milk
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded

Equipment

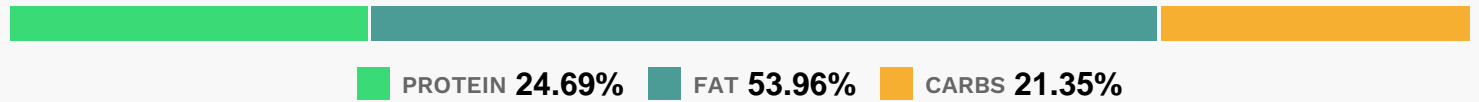
- frying pan

- oven
- blender
- baking pan

Directions

- Preheat oven to 450 degrees F (230 degrees C). Lightly grease a 9x13 inch baking pan.
- In a blender, combine eggs, milk, flour, salt and pepper; cover and process until smooth.
- Pour into prepared baking pan.
- Bake in preheated oven until set, about 20 minutes.
- Sprinkle with cheese.
- Carefully loosen edges of omelet from pan. Starting from the short edge of the pan, carefully roll up omelet.
- Place omelet seam side down on a serving plate and cut into 6 equal sized pieces.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:6.61, Inflammation Score:-3, Nutrition Score:9.160434777322%

Nutrients (% of daily need)

Calories: 202.29kcal (10.11%), Fat: 11.99g (18.45%), Saturated Fat: 5.77g (36.04%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 10.38g (3.77%), Sugar: 2.21g (2.46%), Cholesterol: 187.39mg (62.46%), Sodium: 395.12mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.7%), Selenium: 23.15µg (33.07%), Vitamin B2: 0.39mg (23.05%), Phosphorus: 225.83mg (22.58%), Calcium: 209.86mg (20.99%), Vitamin B12: 0.81µg (13.51%), Folate: 43.71µg (10.93%), Zinc: 1.5mg (10%), Vitamin A: 492.65IU (9.85%), Vitamin D: 1.44µg (9.6%), Vitamin B5: 0.95mg (9.51%), Vitamin B1: 0.13mg (8.51%), Iron: 1.29mg (7.18%), Vitamin B6: 0.12mg (5.87%), Manganese: 0.1mg (4.9%), Magnesium: 17.68mg (4.42%), Potassium: 148.51mg (4.24%), Vitamin E: 0.63mg (4.2%), Vitamin B3: 0.7mg (3.51%), Copper: 0.05mg (2.73%), Fiber: 0.3g (1.21%)