



Baked Omelet Squares

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 ounce olives black sliced canned
- 0.3 cup butter
- 12 ounce mushrooms sliced canned
- 12 eggs
- 0.5 cup milk
- 1 small onion chopped
- 0.5 teaspoon salt and pepper to taste
- 1.5 cups cheddar cheese shredded

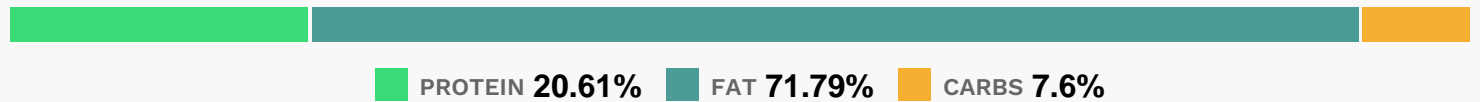
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (205 degrees C). Grease a 9x13 inch baking dish.
- Melt the butter in a skillet over medium heat, and cook the onion until tender.
- Spread Cheddar cheese in the bottom of the prepared baking dish.
- Layer with mushrooms, olives, sauteed onion, ham, and jalapeno peppers. In a bowl, scramble eggs together with milk, and season with salt and pepper.
- Pour egg mixture over ingredients, but do not stir.
- Bake, uncovered, in the preheated oven for 30 minutes, or until no longer runny in the center and slightly brown on top. Allow to cool slightly, then cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.59, Inflammation Score:-5, Nutrition Score:11.927826103957%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 285.8kcal (14.29%), Fat: 23.1g (35.55%), Saturated Fat: 10.52g (65.72%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 3.64g (1.32%), Sugar: 2.53g (2.81%), Cholesterol: 283.79mg (94.6%), Sodium: 941.8mg (40.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.85%), Selenium: 28.6µg (40.85%), Phosphorus: 276.28mg (27.63%), Vitamin B2: 0.43mg (25.37%), Calcium: 225.05mg (22.51%), Vitamin A: 854.41IU

(17.09%), Vitamin B5: 1.52mg (15.24%), Vitamin B12: 0.91µg (15.11%), Zinc: 2.03mg (13.52%), Vitamin E: 1.84mg (12.27%), Vitamin D: 1.7µg (11.33%), Folate: 43.09µg (10.77%), Copper: 0.18mg (9.18%), Iron: 1.65mg (9.17%), Vitamin B6: 0.18mg (8.97%), Fiber: 1.87g (7.48%), Magnesium: 25.21mg (6.3%), Potassium: 208.56mg (5.96%), Vitamin B1: 0.09mg (5.74%), Vitamin B3: 0.82mg (4.09%), Manganese: 0.07mg (3.47%), Vitamin K: 1.58µg (1.51%)