



## Baked Polish Omlette (Drachena)

 Vegetarian

READY IN



60 min.

SERVINGS



3

CALORIES



498 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 2 tablespoons butter melted
- 1 tablespoon cilantro leaves chopped
- 4 eggs beaten
- 6 ounces feta cheese crumbled
- 1 tablespoon flat parsley chopped
- 1 clove garlic minced
- 1.5 ounces milk
- 1 tablespoon olive oil

- 2 small pasilla peppers red
- 3 tablespoons rye flour
- 3 servings salt and pepper to taste
- 1 bunch scallions sliced
- 0.7 cup cup heavy whipping cream sour
- 1 cup pkt spinach cooked chopped

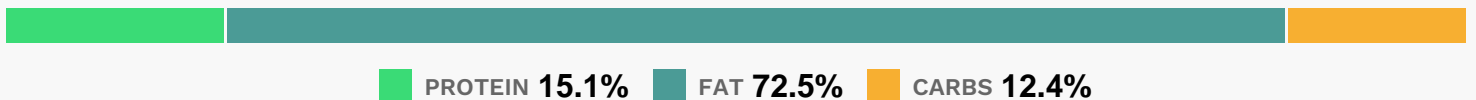
## Equipment

- oven

## Directions

- Preheat oven to 350 degrees.
- Saute scallions and garlic in oil and place on the bottom of an oiled 8-inch casserole.
- Mix flour, milk, sour cream and eggs and herbs, butter and seasoning.
- Place vegetables in casserole.
- Pour egg mixture on top and cover with crumbled feta.
- Bake 40 to 45 minutes;

## Nutrition Facts



## Properties

Glycemic Index:101.67, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:29.346956398176%

## Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## Nutrients (% of daily need)

Calories: 497.89kcal (24.89%), Fat: 40.71g (62.63%), Saturated Fat: 20.3g (126.87%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 13.24g (4.81%), Sugar: 5.05g (5.61%), Cholesterol: 320.63mg (106.88%), Sodium: 1017.08mg (44.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.15%), Vitamin K: 95.49µg (90.94%), Vitamin C: 70.04mg (84.9%), Vitamin A: 3814.19IU (76.28%), Vitamin B2: 0.93mg (54.92%), Selenium: 30.19µg (43.13%), Calcium: 408.5mg (40.85%), Phosphorus: 402.57mg (40.26%), Vitamin B6: 0.57mg (28.59%), Vitamin B12: 1.68µg (28%), Folate: 100.97µg (25.24%), Zinc: 3.02mg (20.15%), Manganese: 0.4mg (19.85%), Vitamin E: 2.96mg (19.71%), Vitamin B5: 1.9mg (19%), Iron: 2.35mg (13.08%), Vitamin B1: 0.19mg (12.87%), Potassium: 425.71mg (12.16%), Magnesium: 45.91mg (11.48%), Vitamin D: 1.56µg (10.37%), Fiber: 2.42g (9.67%), Vitamin B3: 1.43mg (7.13%), Copper: 0.13mg (6.4%)