



Baked Puffy Cheese Omelet with Peach Salsa

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 5 oz cheddar cheese shredded
- 3 tablespoons spring onion thinly sliced
- 1 cup milk
- 4 eggs
- 0.3 cup salsa thick
- 0.3 cup peach preserves
- 0.3 cup frangelico

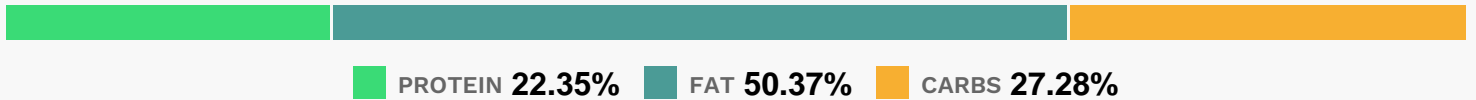
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray.
- Sprinkle 1 cup of the cheese and the onions in pie plate.
- In medium bowl, stir Bisquick mix, milk and eggs with wire whisk or fork until well blended.
- Pour into pie plate.
- Bake 30 to 35 minutes or until knife inserted in center comes out clean.
- Sprinkle with remaining 1/4 cup cheese; bake 3 to 5 minutes longer or until melted.
- Let stand 5 minutes before serving.
- In small bowl, mix salsa and preserves.
- Serve omelet with salsa.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:6.05, Inflammation Score:-3, Nutrition Score:7.5508695892666%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 194.41kcal (9.72%), Fat: 10.86g (16.71%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 12.81g (4.66%), Sugar: 9.71g (10.79%), Cholesterol: 136.44mg (45.48%), Sodium: 276.59mg (12.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.69%), Calcium: 230.16mg (23.02%), Phosphorus: 209.9mg (20.99%), Selenium: 13.72µg (19.6%), Vitamin B2: 0.28mg (16.58%), Vitamin B12: 0.77µg (12.85%), Vitamin A: 461.88IU (9.24%), Zinc: 1.3mg (8.65%), Vitamin D: 1.15µg (7.68%), Vitamin K: 7.47µg (7.11%), Vitamin B5: 0.69mg (6.87%), Vitamin B6: 0.11mg (5.64%), Folate: 20.77µg (5.19%), Potassium: 168.7mg (4.82%), Iron: 0.81mg (4.51%),

Magnesium: 17.1mg (4.27%), Vitamin E: 0.55mg (3.69%), Vitamin B1: 0.05mg (3.18%), Copper: 0.05mg (2.56%),
Vitamin C: 2.02mg (2.44%), Manganese: 0.04mg (1.89%), Fiber: 0.43g (1.72%), Vitamin B3: 0.23mg (1.17%)