



Baked Vegetable Omelet

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



417 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1.3 cups monterrey jack cheese shredded
- 2 cups broccoli frozen thawed drained chopped
- 2 cups tomatoes coarsely chopped
- 2.7 cups cheddar cheese shredded
- 1.3 cups milk
- 0.3 cup flour all-purpose
- 0.5 teaspoon salt
- 4 eggs

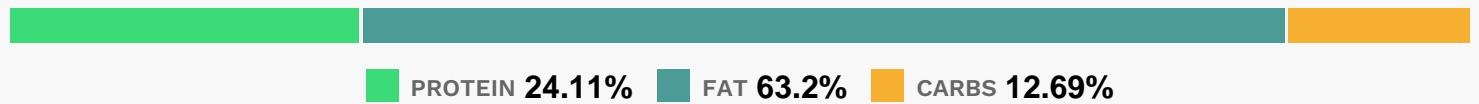
Equipment

- oven
- baking pan

Directions

- Heat oven to 350°F.
- Layer Monterey Jack cheese, broccoli, tomatoes and Cheddar cheese in ungreased square baking dish, 8x8x2 inches. Beat milk, flour, salt and eggs until smooth; pour over cheese.
- Bake uncovered 40 to 45 minutes or until egg mixture is set.
- Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:6.06, Inflammation Score:-8, Nutrition Score:20.384347957114%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 417.24kcal (20.86%), Fat: 29.48g (45.36%), Saturated Fat: 16.42g (102.65%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 11.77g (4.28%), Sugar: 4.83g (5.37%), Cholesterol: 188.2mg (62.73%), Sodium: 747.47mg (32.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.31g (50.62%), Calcium: 645.44mg (64.54%), Phosphorus: 493.14mg (49.31%), Selenium: 30.98µg (44.25%), Vitamin C: 32.97mg (39.96%), Vitamin B2: 0.61mg (35.67%), Vitamin K: 35.95µg (34.24%), Vitamin A: 1539.04IU (30.78%), Zinc: 3.45mg (23.01%), Vitamin B12: 1.29µg (21.58%), Folate: 67.49µg (16.87%), Vitamin B6: 0.23mg (11.58%), Vitamin B5: 1.15mg (11.55%), Potassium: 398.7mg (11.39%), Vitamin D: 1.64µg (10.9%), Magnesium: 43.52mg (10.88%), Vitamin B1: 0.15mg (10.28%), Manganese: 0.18mg (9.21%), Vitamin E: 1.28mg (8.52%), Iron: 1.45mg (8.04%), Fiber: 1.55g (6.18%), Vitamin B3: 1.02mg (5.1%), Copper: 0.1mg (5%)