



Brunch Oven Omelet

 Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.3 cup butter
- 18 eggs
- 1 cup cream sour
- 1 cup milk
- 2 teaspoons salt
- 0.3 cup spring onion chopped
- 1 serving parsley fresh chopped

Equipment

- bowl
- oven
- whisk
- baking pan
- glass baking pan

Directions

- Heat oven to 325°F. In 13x9-inch (3-quart) glass baking dish, melt butter in oven; tilt dish to coat bottom.
- In large bowl, beat eggs, sour cream, milk and salt with fork or wire whisk until blended. Stir in onions.
- Pour into baking dish.
- Bake uncovered about 35 minutes or until eggs are set but moist.
- Sprinkle with parsley.

Nutrition Facts

PROTEIN 21.39% **FAT 72.94%** **CARBS 5.67%**

Properties

Glycemic Index:8.5, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:8.1534783010897%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 179.32kcal (8.97%), Fat: 14.46g (22.24%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.46g (0.9%), Sugar: 1.93g (2.14%), Cholesterol: 259.27mg (86.42%), Sodium: 540.08mg (23.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.08%), Selenium: 21.37µg (30.53%), Vitamin B2: 0.37mg (21.51%), Phosphorus: 167.84mg (16.78%), Vitamin A: 726.76IU (14.54%), Vitamin B12: 0.74µg (12.37%), Vitamin B5: 1.16mg (11.59%), Vitamin D: 1.54µg (10.29%), Vitamin K: 10.33µg (9.83%), Folate: 34.06µg (8.51%), Calcium: 84.95mg (8.49%), Iron: 1.22mg (6.8%), Zinc: 1.01mg (6.74%), Vitamin B6: 0.13mg (6.72%), Vitamin E: 0.94mg (6.24%), Potassium: 155.2mg (4.43%), Magnesium: 13.01mg (3.25%), Vitamin B1: 0.04mg (2.9%), Copper:

0.05mg (2.68%), Manganese: 0.03mg (1.31%), Vitamin C: 1.02mg (1.23%)