



Brunch Oven Omelet

 Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

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

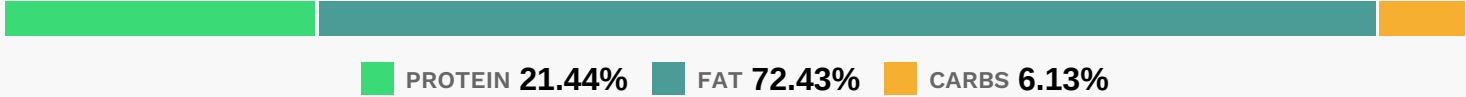
Equipment

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

Directions

- ☐ Heat oven to 325F. 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



Properties

Glycemic Index:8.5, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:11.4699998888669%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 180.64kcal (9.03%), Fat: 14.49g (22.29%), Saturated Fat: 5.18g (32.35%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.57g (0.94%), Sugar: 1.96g (2.18%), Cholesterol: 259.27mg (86.42%), Sodium: 542.14mg (23.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.3%), Vitamin K: 70.46µg (67.1%), Selenium: 21.38µg (30.54%), Vitamin B2: 0.37mg (21.72%), Vitamin A: 1035.64IU (20.71%), Phosphorus: 169.96mg (17%), Vitamin B12: 0.74µg (12.37%), Vitamin B5: 1.17mg (11.74%), Vitamin D: 1.54µg (10.29%), Folate: 39.63µg (9.91%), Calcium: 90.01mg (9%), Iron: 1.45mg (8.06%), Vitamin C: 5.89mg (7.14%), Zinc: 1.05mg (7%), Vitamin B6: 0.14mg

(6.89%), Vitamin E: 0.96mg (6.43%), Potassium: 175.51mg (5.01%), Magnesium: 14.85mg (3.71%), Vitamin B1: 0.05mg (3.11%), Copper: 0.06mg (2.96%), Manganese: 0.03mg (1.61%)