



## Cheesy Baked Supper Omelet

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 1 tablespoon butter
- 0.5 cup bell pepper green red chopped (1 small)
- 0.3 cup onion chopped ( )
- 12 eggs
- 8 oz cream sour
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 6 oz monterrey jack cheese shredded

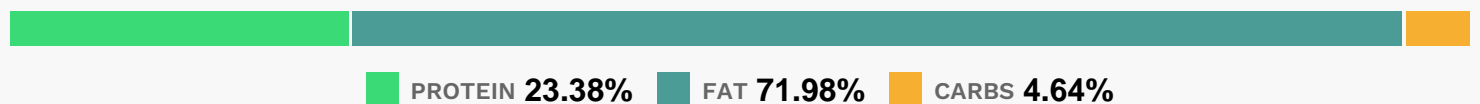
## Equipment

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

## Directions

- Heat oven to 325°F. Spray 12x8-inch (2-quart) glass baking dish with cooking spray. In 8-inch skillet, melt butter over medium heat.
- Add bell pepper and onion; cook 2 to 3 minutes, stirring occasionally, until tender.
- In large bowl, beat eggs, sour cream, salt and pepper with wire whisk until well blended. Stir in bell pepper mixture and cheese.
- Pour into baking dish.
- Bake uncovered 20 to 25 minutes or until eggs are set.
- Cut omelet into squares to serve.

## Nutrition Facts



## Properties

Glycemic Index:24.33, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:13.502608615419%

## Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

## Nutrients (% of daily need)

Calories: 328.41kcal (16.42%), Fat: 26.21g (40.33%), Saturated Fat: 13.2g (82.48%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.34g (2.6%), Cholesterol: 379.91mg (126.64%), Sodium: 516.22mg (22.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.16g (38.32%), Selenium: 32.58µg (46.55%), Vitamin B2: 0.58mg (34.26%), Phosphorus: 333.88mg (33.39%), Calcium: 302.58mg (30.26%), Vitamin A: 1033.31IU (20.67%), Vitamin B12: 1.1µg (18.36%), Vitamin B5: 1.56mg (15.59%), Zinc: 2.14mg (14.27%), Vitamin C: 10.82mg (13.11%), Vitamin D: 1.93µg (12.87%), Folate: 51.32µg (12.83%), Vitamin B6: 0.22mg (11.17%), Iron: 1.83mg (10.18%), Vitamin E: 1.24mg (8.29%), Potassium: 224.27mg (6.41%), Magnesium: 24.03mg (6.01%), Copper: 0.09mg (4.54%), Vitamin B1: 0.06mg (3.82%), Manganese: 0.06mg (3.07%), Vitamin K: 2.72µg (2.59%), Fiber: 0.34g (1.34%)