



HEALTH SCORE

68%

El Ginormo Southwest Oven-Baked Omelette



Gluten Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.5 cup black beans drained and rinsed canned
- ☐ 1 teaspoon cumin
- ☐ 0.5 cup milk fat-free
- ☐ 1 teaspoon garlic chopped
- ☐ 0.3 cup chiles diced green canned
- ☐ 0.5 cup cheese blend shredded reduced-fat (Cheddar and Monterey Jack)
- ☐ 2.5 cups liquid egg substitute fat-free
- ☐ 0.5 cup onion chopped

- ☐ 0.5 cup bell pepper red chopped
- ☐ 4 servings salsa
- ☐ 4 servings scallions chopped
- ☐ 4 servings cup heavy whipping cream fat-free sour
- ☐ 0.5 cup regular corn sweet canned drained
- ☐ 0.5 teaspoon taco seasoning

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Line a deep 8-inch by 10-inch baking pan with aluminum foil. Spray lightly with nonstick spray, making sure to coat the sides as well as the bottom.
- ☐ In a large bowl, combine egg substitute, milk, cumin, and taco seasoning.
- ☐ Whisk the mixture for 1 minute, until mixed thoroughly.
- ☐ Add onion, garlic, and bell pepper, and stir well. Carefully transfer the egg mixture to the baking pan.
- ☐ To the pan, evenly add black beans, corn, and green chiles.
- ☐ Sprinkle with cheese.
- ☐ Bake in the oven for 1 hour, until the top has puffed and the center is firm. Allow it to cool slightly before cutting.
- ☐ Cut into four slices. If you like, finish it off with the optional toppings!

Nutrition Facts



 **PROTEIN 42.51%**  **FAT 15.75%**  **CARBS 41.74%**

Properties

Glycemic Index:60.44, Glycemic Load:3.38, Inflammation Score:-8, Nutrition Score:23.534347948821%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 209.1kcal (10.46%), Fat: 3.79g (5.83%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 18.98g (6.9%), Sugar: 8.67g (9.63%), Cholesterol: 14.14mg (4.71%), Sodium: 764.32mg (33.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.05%), Selenium: 67.13µg (95.91%), Vitamin B2: 0.77mg (45.46%), Vitamin C: 32.69mg (39.63%), Vitamin B5: 2.98mg (29.76%), Calcium: 287.05mg (28.71%), Vitamin A: 1422.81IU (28.46%), Phosphorus: 278.87mg (27.89%), Iron: 4.33mg (24.07%), Vitamin B6: 0.43mg (21.3%), Vitamin E: 3.17mg (21.12%), Potassium: 709.81mg (20.28%), Vitamin B1: 0.3mg (19.88%), Vitamin D: 2.79µg (18.62%), Vitamin B12: 1.08µg (17.98%), Zinc: 2.58mg (17.2%), Folate: 68.03µg (17.01%), Vitamin K: 15.5µg (14.76%), Fiber: 3.63g (14.51%), Magnesium: 56.51mg (14.13%), Manganese: 0.22mg (10.9%), Vitamin B3: 1.41mg (7.06%), Copper: 0.13mg (6.65%)