



Farmer's Oven-Baked Omelet

 Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 12 servings basil fresh
- ☐ 2 tablespoons butter
- ☐ 12 large eggs
- ☐ 8 ounces fromage fraais shredded
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 0.8 teaspoon pepper freshly ground

- ☐ 6 small plum tomatoes seeded chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cream sour

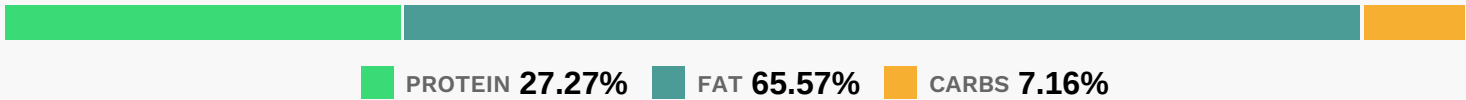
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat first 6 ingredients at medium speed with an electric mixer 2 to 3 minutes or until well blended.
- ☐ Melt butter in a 12-inch ovenproof skillet; add egg mixture.
- ☐ Bake at 350 for 15 minutes.
- ☐ Remove from oven; sprinkle with tomatoes, cheese, and basil. Return to oven, and bake 15 to 20 more minutes or until set.
- ☐ Garnish, if desired; serve immediately.
- ☐ Note: Farmer cheese is a mild, part-skim, semisoft cheese available in 8-ounce rounds. Havarti or Monterey Jack cheese may be substituted.
- ☐ Spinach, Cheddar, and Bacon Omelet: Substitute 1 (10-ounce) package frozen, thawed, and well-drained chopped spinach for thyme. Omit farmer cheese and fresh basil. Top with 8 ounces shredded Cheddar cheese and 1/2 cup cooked, crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:28.92, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:7.6195651603782%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 140.19kcal (7.01%), Fat: 10.17g (15.64%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 1.88g (0.68%), Sugar: 1.34g (1.49%), Cholesterol: 197.89mg (65.96%), Sodium: 376mg (16.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.03%), Selenium: 15.72µg (22.46%), Vitamin A: 885.76IU (17.72%), Vitamin B2: 0.26mg (15.26%), Vitamin K: 15.4µg (14.66%), Phosphorus: 119.2mg (11.92%), Vitamin B5: 0.84mg (8.41%), Vitamin C: 6.75mg (8.18%), Folate: 31.33µg (7.83%), Vitamin B12: 0.47µg (7.79%), Iron: 1.29mg (7.15%), Vitamin D: 1µg (6.67%), Vitamin B6: 0.12mg (6.15%), Manganese: 0.12mg (6.07%), Calcium: 57.08mg (5.71%), Vitamin E: 0.83mg (5.51%), Zinc: 0.78mg (5.18%), Potassium: 173.1mg (4.95%), Copper: 0.08mg (3.79%), Magnesium: 14.47mg (3.62%), Fiber: 0.62g (2.46%), Vitamin B1: 0.04mg (2.36%), Vitamin B3: 0.28mg (1.4%)