



Inside Out Crepe Omelets



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 cup milk
- ☐ 2 tablespoons whipping cream
- ☐ 3 eggs
- ☐ 16 eggs beaten
- ☐ 8 oz colby cheese shredded
- ☐ 1 cup pico de gallo fresh
- ☐ 1.5 cups frangelico

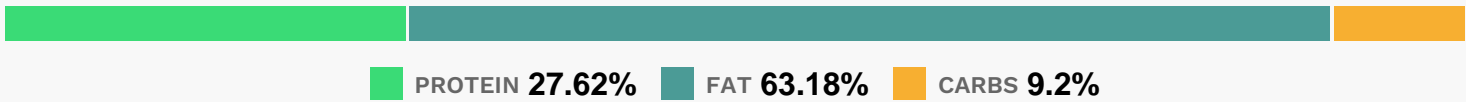
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Heat oven to 350°F. Spray 8 ramekins with cooking spray. Set aside.
- ☐ Beat Crepe ingredients with whisk until very well combined.
- ☐ Spray crepe pan or large flat skillet with cooking spray before making each crepe.
- ☐ Pour about 1/4 cup crepe batter onto hot skillet; spread batter as thin as possible into a circle. Turn after 1 to 2 minutes, or after browned. Cook 30 seconds longer.
- ☐ Remove crepe from heat, and place layers of waxed paper between prepared crepes until all 8 have been made.
- ☐ In large bowl, combine Omelet ingredients. Season with salt and pepper as desired.
- ☐ One at a time, place prepared crepes into ramekins in a similar fashion as making a pie crust. Fold into place as needed.
- ☐ Pour egg mixture into each crepe-filled ramekin.
- ☐ Place ramekins on a cookie sheet.
- ☐ Bake about 20 minutes or until eggs have puffed and are cooked through.
- ☐ Cool slightly before unmolding from ramekins.
- ☐ Serve hot, topped with additional pico de gallo and shredded cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:14.010434873726%

Nutrients (% of daily need)

Calories: 305.36kcal (15.27%), Fat: 21.37g (32.87%), Saturated Fat: 10.43g (65.17%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 7g (2.54%), Sugar: 4.77g (5.3%), Cholesterol: 423.57mg (141.19%), Sodium: 531.55mg (23.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.02g (42.04%), Selenium: 36.88µg (52.69%), Vitamin B2: 0.63mg (37.24%), Phosphorus: 369.45mg (36.94%), Calcium: 292.7mg (29.27%), Vitamin B12: 1.34µg (22.27%), Vitamin A: 1083.65IU (21.67%), Vitamin B5: 1.78mg (17.85%), Vitamin D: 2.66µg (17.7%), Zinc: 2.35mg (15.68%), Folate: 54.37µg (13.59%), Iron: 2.05mg (11.38%), Vitamin B6: 0.22mg (11%), Vitamin E: 1.23mg (8.18%), Potassium: 229.53mg (6.56%), Magnesium: 23.83mg (5.96%), Copper: 0.09mg (4.39%), Vitamin B1: 0.06mg (4.26%), Vitamin C: 1.64mg (1.98%), Manganese: 0.03mg (1.7%), Vitamin K: 1.29µg (1.23%)