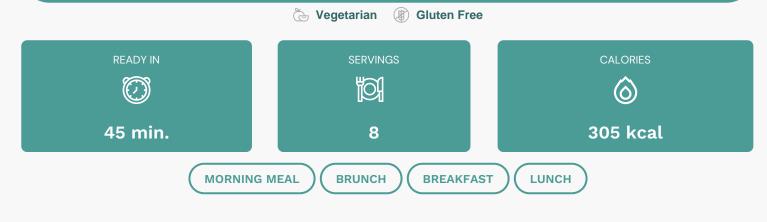


Inside Out Crepe Omelets



Ingredients

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

Eq	uipment	
	bowl	
	frying pan	
	baking sheet	
	oven	
	whisk	
	ramekin	
Diı	rections	
	Heat oven to 350F. 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		
	PROTEIN 27.62% FAT 63.18% CARBS 9.2%	

Properties

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%)