



Oven Baked Omelet



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 1 teaspoon butter
- ☐ 9 large eggs
- ☐ 2 green onions chopped
- ☐ 0.5 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour

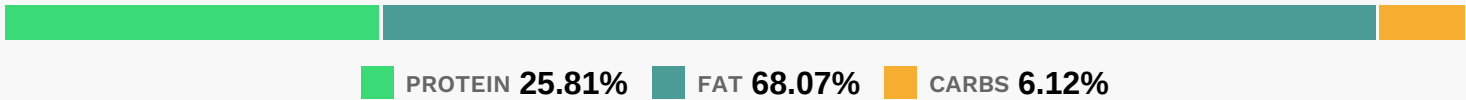
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8-inch baking dish with butter.
- ☐ Beat eggs, sour cream, milk, and salt in a bowl until blended. Stir in green onions.
- ☐ Pour mixture in the prepared baking dish.
- ☐ Bake in the preheated oven until set, 25 to 30 minutes.
- ☐ Sprinkle Cheddar cheese over eggs and continue baking until cheese is melted, 2 to 3 minutes more.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:9.3508695636107%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 183.87kcal (9.19%), Fat: 13.79g (21.21%), Saturated Fat: 6g (37.47%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.68g (0.98%), Sugar: 2.02g (2.24%), Cholesterol: 299.25mg (99.75%), Sodium: 544.54mg (23.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.52%), Selenium: 25.49µg (36.41%), Vitamin B2: 0.43mg (25.13%), Phosphorus: 206.85mg (20.68%), Vitamin B12: 0.87µg (14.48%), Vitamin A: 665.23IU (13.3%), Vitamin B5: 1.31mg (13.13%), Calcium: 122.98mg (12.3%), Vitamin D: 1.75µg (11.68%), Folate: 39.97µg (9.99%), Zinc: 1.3mg (8.7%), Vitamin K: 9.02µg (8.6%), Iron: 1.4mg (7.76%), Vitamin B6: 0.15mg (7.67%), Vitamin E: 0.95mg (6.31%), Potassium: 172.9mg (4.94%), Magnesium: 15.45mg (3.86%), Vitamin B1: 0.05mg (3.26%), Copper: 0.06mg (3.14%), Manganese: 0.03mg (1.59%), Vitamin C: 0.92mg (1.12%)