



## Oven Baked Omelet with Feta and Tomatoes

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



283 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 8 eggs beaten
- ☐ 0.5 cup feta cheese with basil and sun-dried tomatoes crumbled
- ☐ 1 cup tomatoes diced fire roasted drained
- ☐ 8 ounces bread italian cut into bite-size cubes
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 cups milk
- ☐ 0.5 teaspoon pepper

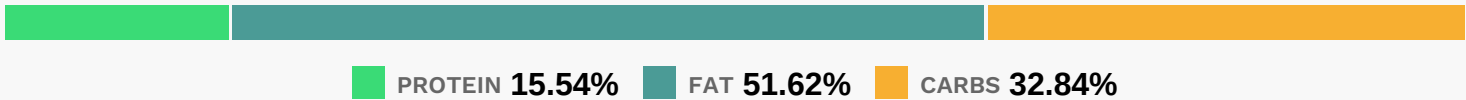
# Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

# Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Butter a deep 9-inch baking dish.
- ☐ Combine eggs, milk, thyme, salt, and pepper in a large bowl.
- ☐ Whisk until smooth. Stir in tomatoes and feta cheese; pour into prepared baking dish. Scatter bread pieces on top of egg mixture.
- ☐ Bake in preheated oven until eggs are fully set, 40–50 minutes.

# Nutrition Facts



# Properties

Glycemic Index:12.5, Glycemic Load:2, Inflammation Score:-4, Nutrition Score:9.8591305483942%

# Nutrients (% of daily need)

Calories: 283.41kcal (14.17%), Fat: 16.36g (25.16%), Saturated Fat: 7.99g (49.92%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 21.28g (7.74%), Sugar: 15.19g (16.88%), Cholesterol: 171mg (57%), Sodium: 684.33mg (29.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.16%), Selenium: 15.06µg (21.51%), Vitamin B2: 0.34mg (20.29%), Phosphorus: 184.02mg (18.4%), Potassium: 451.81mg (12.91%), Iron: 2.26mg (12.55%), Vitamin B12: 0.72µg (12.02%), Calcium: 118.99mg (11.9%), Folate: 43.41µg (10.85%), Vitamin A: 529.57IU (10.59%), Vitamin B5: 1.05mg (10.47%), Vitamin D: 1.55µg (10.34%), Vitamin B3: 2mg (10%), Fiber: 2.14g (8.57%), Vitamin B1: 0.13mg (8.55%), Manganese: 0.16mg (8.18%), Magnesium: 31.12mg (7.78%), Zinc: 1.02mg (6.78%), Vitamin B6: 0.14mg (6.78%), Copper: 0.13mg (6.62%), Vitamin K: 4.55µg (4.33%), Vitamin C: 3.31mg (4.01%), Vitamin E: 0.5mg (3.33%)