



Shrimp-and-Vegetable Oven Omelet

READY IN



45 min.

SERVINGS



8

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 3 ounce cream cheese softened
- ☐ 3 tomatoes dried in oil
- ☐ 6 large eggs
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.8 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.8 cup parmesan cheese shredded divided

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 bell pepper diced red
- ☐ 7 ounces vermicelli cooked
- ☐ 0.5 teaspoon salt
- ☐ 2 cups shrimp cooked chopped
- ☐ 1 small zucchini diced

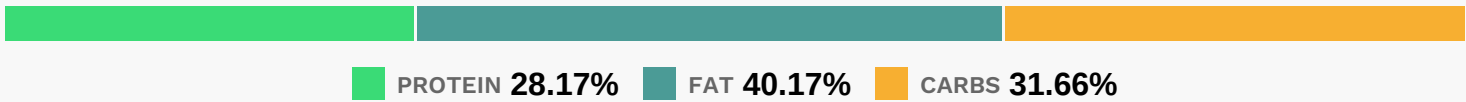
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Drain tomatoes well, pressing between layers of paper towels; chop.
- ☐ Saut onion, bell pepper, and garlic in hot oil in a nonstick 12-inch ovenproof skillet 5 minutes or until tender; add tomato and zucchini, and saute 3 minutes. Stir in cream cheese until melted.
- ☐ Add pasta; toss to coat.
- ☐ Whisk together eggs, 1/2 cup Parmesan cheese, milk, and next 3 ingredients.
- ☐ Pour over pasta mixture in skillet.
- ☐ Bake at 375 for 25 to 30 minutes or until set.
- ☐ Sprinkle with remaining 1/4 cup Parmesan cheese.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:12.93, Inflammation Score:-5, Nutrition Score:11.743043479712%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 325.19kcal (16.26%), Fat: 14.44g (22.21%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 24.52g (8.91%), Sugar: 3.07g (3.41%), Cholesterol: 254.58mg (84.86%), Sodium: 509.35mg (22.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.55%), Phosphorus: 353.26mg (35.33%), Selenium: 19.01µg (27.16%), Calcium: 224.92mg (22.49%), Vitamin B2: 0.29mg (17.15%), Vitamin C: 13.46mg (16.31%), Copper: 0.31mg (15.59%), Vitamin A: 729.35IU (14.59%), Zinc: 1.98mg (13.21%), Manganese: 0.26mg (12.84%), Magnesium: 42.95mg (10.74%), Potassium: 373.56mg (10.67%), Vitamin B12: 0.59µg (9.89%), Vitamin B5: 0.87mg (8.66%), Vitamin B6: 0.17mg (8.57%), Iron: 1.54mg (8.54%), Vitamin E: 1.21mg (8.04%), Folate: 29.75µg (7.44%), Vitamin D: 1.05µg (6.99%), Vitamin K: 5.7µg (5.43%), Fiber: 1.09g (4.35%), Vitamin B1: 0.06mg (4.2%), Vitamin B3: 0.38mg (1.9%)