



## Spiral Omelet Supreme

READY IN



1220 min.

SERVINGS



8

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 2 teaspoons canola oil
- 4 ounces cream cheese softened
- 12 eggs
- 2 tablespoons flour all-purpose
- 1 cup mushrooms fresh sliced
- 1 cup mushrooms fresh sliced
- 1 large bell pepper green chopped
- 1.3 teaspoons seasoning italian divided
- 0.8 cup milk 2%

- 1 small onion chopped
- 0.3 cup parmesan cheese divided grated
- 6 ounces part-skim mozzarella cheese shredded
- 1 plum tomatoes seeded chopped

## Equipment

- bowl
- frying pan
- baking paper
- oven
- baking pan

## Directions

- Line the bottom and sides of a greased 15-in. x 10-in. x 1-in. baking pan with parchment paper; grease the paper and set aside.
- In a small bowl, beat cream cheese and milk until smooth. Beat in 1/4 cup Parmesan cheese and flour until blended. In a large bowl, beat eggs; add cream cheese mixture and mix well.
- Pour into prepared pan.
- Bake at 375° for 20–25 minutes or until set. Meanwhile, in a large skillet, saute the pepper, mushrooms and onion in oil until crisp-tender. Keep warm.
- Turn omelet onto a work surface; peel off parchment paper.
- Sprinkle with the vegetable mixture, mozzarella cheese, tomato and 1 teaspoon Italian seasoning.
- Roll up jelly-roll style, starting with a short side.
- Place on a serving platter.
- Sprinkle with remaining Parmesan cheese and Italian seasoning.

## Nutrition Facts

 **PROTEIN 27.29%**  **FAT 60.41%**  **CARBS 12.3%**

## Properties

Glycemic Index:30.75, Glycemic Load:1.74, Inflammation Score:-5, Nutrition Score:13.983913027722%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

## Nutrients (% of daily need)

Calories: 252.98kcal (12.65%), Fat: 17.02g (26.19%), Saturated Fat: 7.95g (49.71%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 6.78g (2.47%), Sugar: 3.7g (4.11%), Cholesterol: 277.93mg (92.64%), Sodium: 337.6mg (14.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.61%), Selenium: 29.12µg (41.59%), Vitamin B2: 0.57mg (33.37%), Phosphorus: 316.08mg (31.61%), Calcium: 281.98mg (28.2%), Vitamin C: 18.75mg (22.72%), Vitamin A: 844.53IU (16.89%), Vitamin B5: 1.61mg (16.07%), Vitamin B12: 0.96µg (16.03%), Zinc: 1.95mg (13.01%), Folate: 48.63µg (12.16%), Vitamin B6: 0.24mg (11.88%), Vitamin D: 1.45µg (9.65%), Iron: 1.67mg (9.26%), Potassium: 313.66mg (8.96%), Vitamin E: 1.22mg (8.15%), Copper: 0.16mg (8.02%), Vitamin B1: 0.1mg (6.42%), Vitamin B3: 1.25mg (6.27%), Magnesium: 24.81mg (6.2%), Manganese: 0.11mg (5.64%), Vitamin K: 5.76µg (5.48%), Fiber: 1.01g (4.05%)