



Vegetable-Pasta Oven Omelet

READY IN



60 min.

SERVINGS



8

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

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
- 1 small zucchini diced

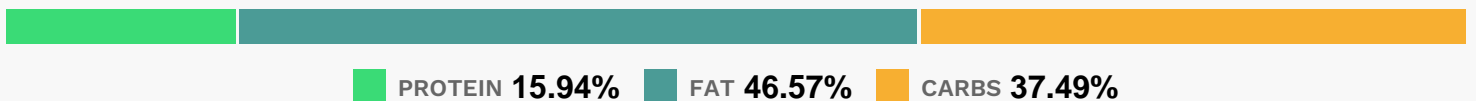
Equipment

- 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 saut 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.
- Shrimp-and-Vegetable Oven Omelet: Toss 2 cups chopped cooked shrimp with pasta mixture. Continue as directed above.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:12.93, Inflammation Score:-5, Nutrition Score:9.7595650994259%

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: 274.91kcal (13.75%), Fat: 14.13g (21.75%), Saturated Fat: 5.84g (36.47%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 24.52g (8.91%), Sugar: 3.07g (3.41%), Cholesterol: 159.36mg (53.12%), Sodium: 438.97mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.78%), Selenium: 19.01µg (27.16%), Phosphorus: 226.68mg (22.67%), Calcium: 187.06mg (18.71%), Vitamin B2: 0.29mg (17.15%), Vitamin C: 13.46mg (16.31%), Vitamin A: 729.35IU (14.59%), Manganese: 0.24mg (11.86%), Vitamin B12: 0.59µg (9.89%), Vitamin B5: 0.87mg (8.66%), Vitamin B6: 0.17mg (8.57%), Vitamin E: 1.21mg (8.04%), Zinc: 1.19mg (7.92%), Folate: 29.75µg (7.44%), Vitamin D: 1.05µg (6.99%), Iron: 1.23mg (6.83%), Potassium: 217.41mg (6.21%), Magnesium: 22.25mg (5.56%), Vitamin K: 5.7µg (5.43%), Fiber: 1.09g (4.35%), Vitamin B1: 0.06mg (4.2%), Copper: 0.08mg (4.03%), Vitamin B3: 0.38mg (1.9%)