



Bacon and Fried Potato Omelette

 Gluten Free

READY IN



20 min.

SERVINGS



1

CALORIES



487 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 2 strips bacon
- 1 tablespoon butter
- 2 large eggs
- 1 teaspoon cup heavy whipping cream
- 0.3 baking potatoes grated peeled
- 0.1 teaspoon pepper
- 0.1 teaspoon salt

Equipment

- bowl
- frying pan
- paper towels

Directions

- In a medium skillet, cook bacon until crisp and golden.
- Place on paper towels, let cool, then chop roughly.
- Drain all but two tablespoons of bacon fat from skillet.
- Add potato and sauté until crispy and golden brown, about 5–6 minutes.
- In a small bowl, beat eggs together well with salt, pepper, and cream.
- Place a 7 inch nonstick pan over high heat. When pan is hot, add butter. Swirl butter around to coat.
- Let butter foam, but don't let it turn brown.
- Add egg mixture.
- Let eggs sizzle, wait three seconds, then top eggs with bacon and potatoes.
- Move pan left and right, shifting the eggs around to even, then let them settle for about 5 seconds.
- Raise handle of pan slightly and vigorously jerk pan towards you, causing the eggs to be flung against the far side of the pan. Do this 5 times, once per second, or until correct shape is formed.
- Tilt pan high and hold the portion with the eggs over the burner for another 5 seconds.
- To roll omelet out onto the plate, bring the pan to the plate. Position the far lip on one end of the plate, holding the handle high. Push handle across the plate, causing the eggs to roll over themselves onto the plate.
- Garnish with more chives, if desired.

Nutrition Facts

  

 **PROTEIN 16.15%**  **FAT 74.59%**  **CARBS 9.26%**

Properties

Glycemic Index:166.75, Glycemic Load:7.6, Inflammation Score:-5, Nutrition Score:14.976086979327%

Nutrients (% of daily need)

Calories: 486.55kcal (24.33%), Fat: 40.18g (61.82%), Saturated Fat: 17.34g (108.4%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 10.46g (3.8%), Sugar: 0.86g (0.95%), Cholesterol: 436.79mg (145.6%), Sodium: 818.05mg (35.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.58g (39.16%), Selenium: 40.06µg (57.23%), Vitamin B2: 0.52mg (30.87%), Phosphorus: 297.3mg (29.73%), Vitamin B6: 0.47mg (23.68%), Vitamin B5: 1.97mg (19.69%), Vitamin A: 981.54IU (19.63%), Vitamin B12: 1.14µg (19.03%), Vitamin D: 2.26µg (15.04%), Vitamin B1: 0.21mg (13.8%), Folate: 55.12µg (13.78%), Iron: 2.42mg (13.46%), Zinc: 1.99mg (13.28%), Potassium: 458.67mg (13.1%), Vitamin B3: 2.41mg (12.04%), Vitamin E: 1.62mg (10.79%), Magnesium: 30.59mg (7.65%), Copper: 0.15mg (7.47%), Manganese: 0.15mg (7.46%), Calcium: 73.07mg (7.31%), Vitamin C: 3.07mg (3.72%), Fiber: 0.76g (3.02%), Vitamin K: 2.81µg (2.67%)