



## Bacon, Apple, and Blue Cheese Omelet

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



458 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 0.5 medium apples sweet such as fuji, braeburn, or pink lady, peeled, cored, and thinly sliced
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons cheese blue such as stilton crumbled
- 2 bacon crumbled cooked
- 6 large eggs
- 0.5 teaspoon kosher salt
- 3 tablespoons butter unsalted
- 4 teaspoons milk whole

## Equipment

- bowl
- frying pan
- paper towels
- whisk
- spatula

## Directions

- Melt 1 tablespoon of the butter in an 8-inch nonstick frying pan over medium heat until foaming.
- Add the apples and cook, stirring occasionally, until softened, about 4 minutes.
- Transfer to a small heatproof bowl and set aside. Wipe out the pan with a paper towel; set the pan aside.
- Whisk the eggs, milk, salt, and pepper in a large bowl until pale yellow and the egg yolks and whites are evenly combined. Set 2 serving plates aside. Melt 1 tablespoon of the butter in the reserved frying pan over medium heat until foaming.
- Add half of the egg mixture (about  $\frac{3}{4}$  cup) to the pan and stir constantly with a rubber spatula, moving the eggs around until they form small curds, about 2 to 3 minutes. Gently shake the pan and use the spatula to spread the egg mixture evenly across the pan—the top of the eggs should have a creamy consistency.
- Sprinkle all over with half of the blue cheese. Spoon half of the apples and sprinkle half of the bacon down the middle third of the egg mixture.
- Remove the pan from heat. Using the spatula, fold a third of the omelet over and onto itself, making sure to fold it over the filling. Gently push the folded side of the omelet toward the edge of the pan. Tilt the pan over one of the serving plates and roll the omelet onto the plate, seam side down. Repeat with the remaining tablespoon of butter, eggs, cheese, apples, and bacon.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 20.8% ■ FAT 71.93% ■ CARBS 7.27%

## Properties

Glycemic Index:64.5, Glycemic Load:1.91, Inflammation Score:-6, Nutrition Score:17.792174080144%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## Nutrients (% of daily need)

Calories: 457.51kcal (22.88%), Fat: 36.52g (56.19%), Saturated Fat: 17.95g (112.21%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 7.14g (2.6%), Sugar: 5.82g (6.46%), Cholesterol: 617.52mg (205.84%), Sodium: 1015.89mg (44.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.52%), Selenium: 51.53µg (73.62%), Vitamin B2: 0.76mg (44.94%), Phosphorus: 375.67mg (37.57%), Vitamin A: 1433.3IU (28.67%), Vitamin B12: 1.6µg (26.62%), Vitamin B5: 2.6mg (26.02%), Vitamin D: 3.49µg (23.28%), Folate: 75.06µg (18.76%), Vitamin B6: 0.34mg (16.78%), Zinc: 2.45mg (16.32%), Iron: 2.81mg (15.62%), Vitamin E: 2.2mg (14.69%), Calcium: 143.38mg (14.34%), Potassium: 337.01mg (9.63%), Vitamin B1: 0.12mg (8.1%), Copper: 0.14mg (6.94%), Magnesium: 26.43mg (6.61%), Vitamin B3: 1.09mg (5.44%), Manganese: 0.09mg (4.75%), Fiber: 1.16g (4.62%), Vitamin K: 3.53µg (3.36%), Vitamin C: 2.09mg (2.54%)