



Bacon, Leek and Potato Omelette

 Gluten Free

READY IN



30 min.

SERVINGS



1

CALORIES



832 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 strips bacon diced
- 1 pinch pepper black freshly ground
- 1 tablespoon butter
- 1 tablespoon chives dried
- 0.3 teaspoon rosemary dried
- 4 eggs
- 0.3 teaspoon garlic powder
- 0.5 cup leek light diced white green (and only)

- 0.3 teaspoon onion powder
- 0.5 cup yellow-fleshed potato grated
- 1 tablespoon water

Equipment

- frying pan
- paper towels
- whisk
- spatula
- measuring cup

Directions

- In a large measuring cup, whisk eggs, water, chives, garlic powder, onion powder, rosemary, and black pepper; set aside.
- Fry diced bacon over medium high heat in a 10-inch (25 cm) non-stick skillet until crisp.
- Remove and place onto paper towel lined plate to drain. Wipe skillet and return to medium heat.
- Add butter to skillet and cook grated potato, stirring for 5 minutes. Stir in leeks and cooked bacon; cook, stirring for 5 minutes or until vegetables start to become golden.
- Pour egg mixture over bacon mixture and as egg begins to set, use a spatula to gently push cooked portions to the centre. Tilt pan to allow uncooked eggs to flow into empty spaces. When eggs are almost set, fold omelette in half and cook for 1 minute or until golden brown.
- Cut into thirds to serve.

Nutrition Facts



PROTEIN 17.59% **FAT 68.78%** **CARBS 13.63%**

Properties

Glycemic Index:272.75, Glycemic Load:15.24, Inflammation Score:-8, Nutrition Score:31.750869750977%

Flavonoids

Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 832.16kcal (41.61%), Fat: 63.27g (97.34%), Saturated Fat: 24.46g (152.86%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 24.87g (9.04%), Sugar: 3.27g (3.63%), Cholesterol: 742.9mg (247.63%), Sodium: 939.44mg (40.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.42g (72.84%), Selenium: 72.9µg (104.14%), Phosphorus: 559.91mg (55.99%), Vitamin B2: 0.93mg (54.83%), Vitamin B6: 0.97mg (48.39%), Vitamin A: 2214.66IU (44.29%), Vitamin B5: 3.59mg (35.9%), Vitamin B12: 2.03µg (33.84%), Vitamin C: 27.49mg (33.32%), Folate: 129.4µg (32.35%), Iron: 5.32mg (29.53%), Vitamin B1: 0.43mg (28.82%), Potassium: 963.99mg (27.54%), Vitamin D: 3.87µg (25.81%), Vitamin B3: 4.98mg (24.91%), Zinc: 3.74mg (24.9%), Vitamin K: 24.61µg (23.43%), Manganese: 0.46mg (23.17%), Vitamin E: 2.98mg (19.86%), Magnesium: 71.37mg (17.84%), Copper: 0.34mg (17.13%), Calcium: 150.53mg (15.05%), Fiber: 3.34g (13.37%)