

Bacon Potato Omelet

 Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



354 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 3 bacon diced
- 3 eggs lightly beaten
- 1 medium onion chopped
- 2 cups potatoes diced peeled
- 3 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded

Equipment

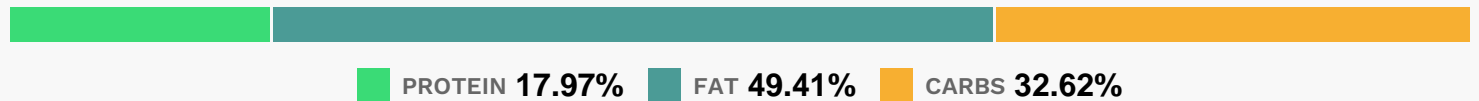
- frying pan

knife

Directions

- In a 9-in. nonstick skillet, cook bacon until crisp.
- Drain, reserving drippings. Set bacon aside.
- Cook potatoes and onion in drippings until tender, stirring occasionally.
- Add eggs, salt and pepper; mix gently. Cover and cook over medium heat until eggs, salt and pepper; mix gently. Cover and cook over medium heat until eggs are completely set.
- Sprinkle with cheese.
- Remove from the heat; cover and let stand until cheese is melted.
- Sprinkle with bacon. Carefully run a knife around edge of skillet to loosen; transfer to a serving plate.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:45.92, Glycemic Load:18.78, Inflammation Score:-6, Nutrition Score:15.518260935078%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

Nutrients (% of daily need)

Calories: 353.97kcal (17.7%), Fat: 19.48g (29.97%), Saturated Fat: 7.97g (49.81%), Carbohydrates: 28.94g (9.65%), Net Carbohydrates: 25.24g (9.18%), Sugar: 2.87g (3.19%), Cholesterol: 197.03mg (65.68%), Sodium: 534.95mg (23.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.88%), Vitamin C: 30.29mg (36.72%), Selenium: 23.86µg (34.09%), Vitamin B6: 0.6mg (30.17%), Phosphorus: 295.49mg (29.55%), Potassium: 761.75mg (21.76%), Vitamin B2: 0.36mg (20.98%), Calcium: 184.24mg (18.42%), Fiber: 3.7g (14.81%), Vitamin B1: 0.21mg (14.18%), Manganese: 0.28mg (13.93%), Folate: 54µg (13.5%), Vitamin B5: 1.33mg (13.34%), Zinc: 1.99mg (13.25%), Vitamin B3: 2.45mg (12.23%), Magnesium: 48.88mg (12.22%), Vitamin B12: 0.7µg (11.69%), Iron: 2.06mg (11.45%), Copper: 0.21mg (10.64%), Vitamin A: 437.98IU (8.76%), Vitamin D: 1.08µg (7.21%), Vitamin E: 0.72mg (4.79%),

Vitamin K: 3.39µg (3.23%)