



Brunch Oven Omelet with Canadian Bacon

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 lb canadian bacon canadian-style cut into 24 (1/8-inch) slices
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup butter
- ☐ 18 eggs
- ☐ 1 cup cream sour
- ☐ 1 cup milk
- ☐ 2 teaspoons salt
- ☐ 0.3 cup spring onion chopped

☐ 1 serving parsley fresh chopped

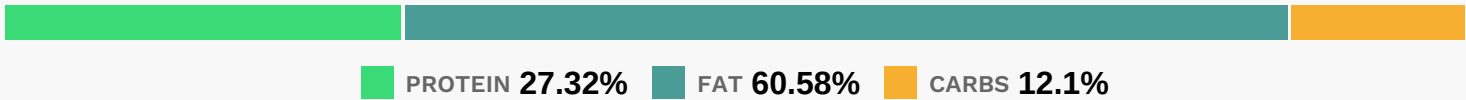
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 325°F.
- ☐ Place bacon slices on sheet of heavy-duty foil.
- ☐ Pour syrup over bacon. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- ☐ In 13x9-inch (3-quart) glass baking dish, melt butter in oven. Tilt dish so butter coats bottom. In large bowl, beat eggs, sour cream, milk and salt with wire whisk until blended. Stir in onions.
- ☐ Pour into baking dish.
- ☐ Bake omelet and bacon packet about 35 minutes or until eggs are set but moist and bacon is hot. Arrange bacon on omelet.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:11.54, Glycemic Load:2.05, Inflammation Score:-4, Nutrition Score:12.740000009537%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 256.78kcal (12.84%), Fat: 17.09g (26.3%), Saturated Fat: 6.01g (37.56%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 7.62g (2.77%), Sugar: 5.95g (6.61%), Cholesterol: 278.17mg (92.72%), Sodium: 882.39mg (38.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.34g (34.69%), Selenium: 30.82µg (44.03%), Vitamin B2: 0.52mg (30.34%), Phosphorus: 259.69mg (25.97%), Vitamin B1: 0.33mg (22.12%), Vitamin D: 2.6µg (17.35%), Vitamin B12: 1µg (16.59%), Vitamin A: 726.76IU (14.54%), Vitamin B6: 0.28mg (14.09%), Vitamin B5: 1.36mg (13.55%), Vitamin B3: 2.47mg (12.33%), Zinc: 1.58mg (10.55%), Vitamin K: 10.33µg (9.83%), Calcium: 95.28mg (9.53%), Manganese: 0.19mg (9.46%), Folate: 35.57µg (8.89%), Potassium: 300.32mg (8.58%), Iron: 1.49mg (8.26%), Vitamin E: 1.02mg (6.77%), Magnesium: 20.85mg (5.21%), Copper: 0.07mg (3.54%), Vitamin C: 1.02mg (1.23%)