



Caramelized Apple and Cheddar Omelette with Bacon and Candied Walnuts



Gluten Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



598 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon candied spicy walnuts; 8 (or just walnuts, or pecans etc.)
- ☐ 0.3 cup cheddar cheese grated ()
- ☐ 1 strip bacon crumbled cooked (and , optional)
- ☐ 2 eggs lightly beaten ()
- ☐ 1 apples i use 2 granny smith apples cored sliced into big chunks)

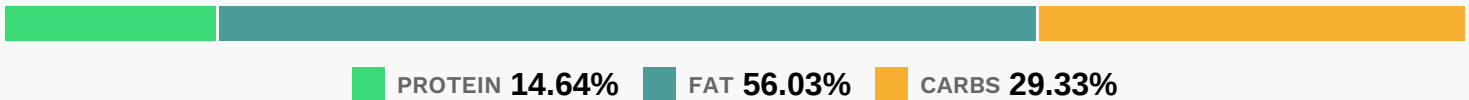
Equipment

☐ frying pan

Directions

- ☐ Melt the butter in a non-stick pan.
- ☐ Add the sugar and cook until bubbly minutes.
- ☐ Add the apple and saute until tender, about 5 minutes.
- ☐ Lower the heat and and sprinkle on the cheese and bacon and let the cheese melt just a bit.
- ☐ Pour the eggs into the pan and let them cook without disturbing them until they have set, about 2-4 minutes.
- ☐ Slide the omelette out onto a plate and garnish it the candied walnuts and enjoy.

Nutrition Facts



Properties

Glycemic Index:109, Glycemic Load:6.83, Inflammation Score:-6, Nutrition Score:16.522173798603%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 597.68kcal (29.88%), Fat: 37.81g (58.18%), Saturated Fat: 16.39g (102.41%), Carbohydrates: 44.55g (14.85%), Net Carbohydrates: 39.36g (14.31%), Sugar: 35.54g (39.49%), Cholesterol: 393.63mg (131.21%), Sodium: 605.41mg (26.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.23g (44.46%), Selenium: 39.35µg (56.22%), Phosphorus: 358.52mg (35.85%), Vitamin B2: 0.6mg (35.14%), Calcium: 283mg (28.3%), Vitamin A:

1209.36IU (24.19%), Fiber: 5.19g (20.78%), Vitamin B12: 1.19µg (19.89%), Vitamin B5: 1.7mg (16.97%), Zinc: 2.51mg (16.71%), Vitamin B6: 0.29mg (14.59%), Folate: 53.29µg (13.32%), Vitamin D: 1.96µg (13.08%), Iron: 2.26mg (12.56%), Vitamin E: 1.82mg (12.15%), Potassium: 397.17mg (11.35%), Vitamin C: 8.37mg (10.15%), Vitamin B1: 0.12mg (7.99%), Magnesium: 31.13mg (7.78%), Copper: 0.14mg (6.79%), Vitamin K: 5.93µg (5.64%), Vitamin B3: 1.11mg (5.53%), Manganese: 0.1mg (5.03%)