



Caramelized Apple and Gorgonzola Omelette with Bacon and Pecans



Gluten Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



573 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 1 strip bacon crumbled cooked (and , optional)
- ☐ 2 eggs lightly beaten ()
- ☐ 0.3 cup gorgonzola crumbled ()
- ☐ 1 apples i use 2 granny smith apples cored sliced into big chunks)
- ☐ 1 tablespoon pecans toasted chopped (and)

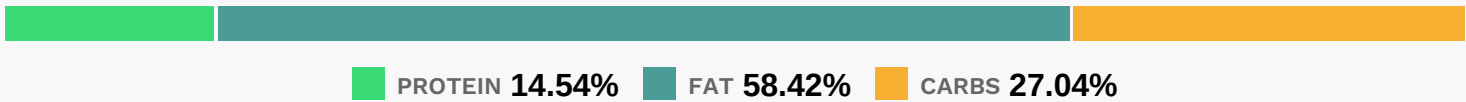
Equipment

☐ frying pan

Directions

- ☐ 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 pecans and enjoy.

Nutrition Facts



Properties

Glycemic Index:119, Glycemic Load:6.86, Inflammation Score:-6, Nutrition Score:18.288260708685%

Flavonoids

Cyanidin: 3.93mg, Cyanidin: 3.93mg, Cyanidin: 3.93mg, Cyanidin: 3.93mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.09mg, Catechin: 3.09mg, Catechin: 3.09mg, Catechin: 3.09mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 13.79mg, Epicatechin: 13.79mg, Epicatechin: 13.79mg, Epicatechin: 13.79mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.58mg, Epigallocatechin 3–gallate: 0.58mg, Epigallocatechin 3–gallate: 0.58mg, Epigallocatechin 3–gallate: 0.58mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, 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: 572.72kcal (28.64%), Fat: 38.15g (58.69%), Saturated Fat: 16.86g (105.39%), Carbohydrates: 39.72g (13.24%), Net Carbohydrates: 34.39g (12.51%), Sugar: 31.44g (34.93%), Cholesterol: 386.57mg (128.86%), Sodium: 679.43mg (29.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.74%), Selenium: 35.83µg (51.19%), Phosphorus: 366.17mg (36.62%), Vitamin B2: 0.59mg (34.92%), Manganese: 0.55mg (27.52%), Calcium:

230.56mg (23.06%), Vitamin A: 1147.45IU (22.95%), Vitamin B5: 2.16mg (21.55%), Fiber: 5.33g (21.31%), Vitamin B12: 1.24µg (20.65%), Zinc: 2.67mg (17.82%), Vitamin B6: 0.34mg (17.01%), Folate: 59.73µg (14.93%), Potassium: 488.74mg (13.96%), Vitamin D: 1.93µg (12.89%), Copper: 0.26mg (12.89%), Iron: 2.26mg (12.57%), Vitamin B1: 0.19mg (12.39%), Vitamin E: 1.82mg (12.14%), Magnesium: 42.1mg (10.52%), Vitamin C: 8.48mg (10.28%), Vitamin B3: 1.5mg (7.48%), Vitamin K: 6.28µg (5.98%)