



Caramelized Pear and Gorgonzola Omelette with Bacon and Pecans



Gluten Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



580 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
- ☐ 1 pears cored sliced into big chunks)
- ☐ 1 tablespoon pecans toasted chopped (and)

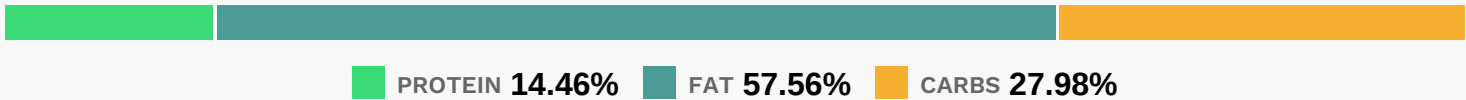
Equipment

☐ frying pan

Directions

- ☐ Melt the butter in a none stick pan.
- ☐ Add the sugar and cook until bubbly minutes.
- ☐ Add the pear and saute until tender, about 5 minutes.
- ☐ Lower the heat and and sprinkle on the crumbled gorgonzola 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 with the pecans and enjoy.

Nutrition Facts



Properties

Glycemic Index:123.75, Glycemic Load:8.14, Inflammation Score:-6, Nutrition Score:18.943043460017%

Flavonoids

Cyanidin: 4.74mg, Cyanidin: 4.74mg, Cyanidin: 4.74mg, Cyanidin: 4.74mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg Epicatechin: 6.77mg, Epicatechin: 6.77mg, Epicatechin: 6.77mg, Epicatechin: 6.77mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 579.54kcal (28.98%), Fat: 38.09g (58.6%), Saturated Fat: 16.85g (105.31%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 35.18g (12.79%), Sugar: 29.87g (33.19%), Cholesterol: 386.57mg (128.86%), Sodium: 679.4mg (29.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.54g (43.07%), Selenium: 36.01µg (51.44%), Phosphorus: 367.51mg (36.75%), Vitamin B2: 0.59mg (34.86%), Manganese: 0.57mg (28.6%), Fiber: 6.48g

(25.91%), Calcium: 235.66mg (23.57%), Vitamin A: 1093.67IU (21.87%), Vitamin B5: 2.13mg (21.32%), Vitamin B12: 1.24µg (20.65%), Zinc: 2.78mg (18.52%), Copper: 0.35mg (17.73%), Folate: 66.73µg (16.68%), Vitamin B6: 0.32mg (15.86%), Potassium: 500.48mg (14.3%), Iron: 2.37mg (13.14%), Vitamin D: 1.93µg (12.89%), Vitamin B1: 0.18mg (11.75%), Vitamin E: 1.71mg (11.38%), Magnesium: 45.46mg (11.36%), Vitamin K: 10.1µg (9.62%), Vitamin C: 7.76mg (9.41%), Vitamin B3: 1.62mg (8.08%)