



Cheesy Bacon and Potato Omelet

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 6 slices oscar mayer bacon chopped
- 0.3 tsp pepper black
- 6 eggs beaten
- 2 Tbsp parsley fresh chopped
- 1 clove garlic minced
- 0.5 cup onions sliced
- 1 lb potatoes peeled cut into thin slices
- 1 cup sharp cheddar cheese shredded divided kraft

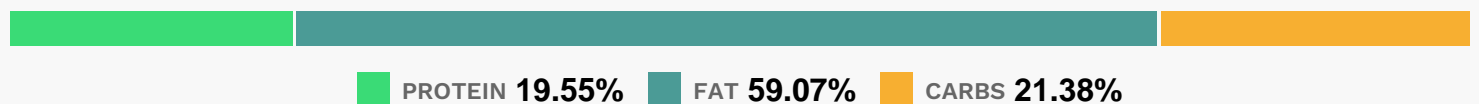
Equipment

- bowl
- frying pan

Directions

- Cook bacon in medium skillet on medium heat until crisp.
- Remove bacon from skillet to drain, reserving drippings in skillet.
- Add potatoes, onions and garlic to drippings; cook 10 to 12 min. or until tender and golden brown, stirring frequently.
- Place potato mixture in large bowl.
- Add bacon, eggs, 1/2 cup cheese and pepper; mix well.
- Heat same skillet on high heat. Return potato mixture to skillet; cook on low heat 12 min. or until egg mixture is almost set.
- Slide omelet onto dinner plate.
- Place skillet upside-down over omelet; carefully turn plate and skillet over to flip omelet. Top with remaining cheese; cook 3 min. or until cheese is melted and center of omelet is set.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:10.14, Inflammation Score:-5, Nutrition Score:13.030869421752%

Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 296.45kcal (14.82%), Fat: 19.42g (29.87%), Saturated Fat: 7.95g (49.67%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 13.85g (5.03%), Sugar: 1.4g (1.55%), Cholesterol: 197.03mg (65.68%), Sodium: 337.17mg (14.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.46g (28.92%), Selenium: 23.63µg (33.76%), Phosphorus: 253.65mg (25.36%), Vitamin K: 22.99µg (21.9%), Vitamin C: 17.72mg (21.48%), Vitamin B6: 0.39mg (19.65%), Vitamin B2: 0.33mg (19.51%), Calcium: 174.05mg (17.41%), Potassium: 466.65mg (13.33%), Zinc: 1.78mg (11.87%), Vitamin B12: 0.7µg (11.69%), Vitamin B5: 1.12mg (11.24%), Vitamin A: 543.43IU (10.87%), Folate: 41.22µg (10.3%), Vitamin B1: 0.15mg (10.17%), Iron: 1.6mg (8.91%), Vitamin B3: 1.76mg (8.8%), Manganese: 0.17mg (8.53%), Magnesium: 32.63mg (8.16%), Fiber: 1.96g (7.85%), Vitamin D: 1.08µg (7.21%), Copper: 0.14mg (6.92%), Vitamin E: 0.72mg (4.79%)