



## Country French Omelet

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



643 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 5 extra large eggs
- 1 tablespoon chives fresh chopped
- 2 servings kosher salt and pepper black freshly ground
- 3 tablespoons milk
- 1 tablespoon olive oil good
- 3 slices bacon thick-cut cut into 1-inch pieces
- 1 tablespoon butter unsalted
- 1 cup yukon gold potatoes unpeeled (1-inch-diced)

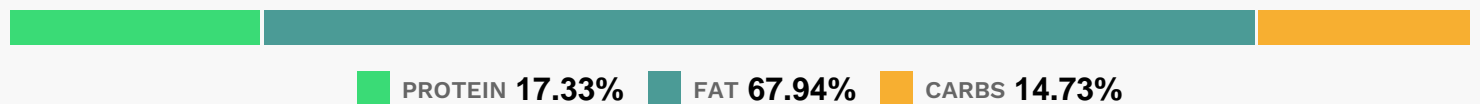
## Equipment

- bowl
- frying pan
- oven
- slotted spoon

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees.
- Heat the olive oil in a 10-inch ovenproof omelet pan over medium heat.
- Add the bacon and cook for 3 to 5 minutes over medium-low heat, stirring occasionally, until the bacon is browned but not crisp. Take the bacon out of the pan with a slotted spoon and set aside on a plate.
- Place the potatoes in the pan and sprinkle with salt and pepper. Continue to cook over medium-low heat for 8 to 10 minutes, until very tender and browned, tossing occasionally to brown evenly.
- Remove with a slotted spoon to the same plate with the bacon.
- Meanwhile, in a medium bowl, beat the eggs, milk, 1/2 teaspoon salt, and 1/4 teaspoon pepper together with a fork. After the potatoes are removed, pour the fat out of the pan and discard.
- Add the butter, lower the heat to low, and pour the eggs into the hot pan.
- Sprinkle the bacon, potatoes, and chives evenly over the top and place the pan in the oven for about 8 minutes, just until the eggs are set. Slide onto a plate, divide in half, and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:99.38, Glycemic Load:15.55, Inflammation Score:-6, Nutrition Score:23.898260531218%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

## Nutrients (% of daily need)

Calories: 642.74kcal (32.14%), Fat: 48.26g (74.25%), Saturated Fat: 16.58g (103.6%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 20.88g (7.59%), Sugar: 2.56g (2.84%), Cholesterol: 574.19mg (191.4%), Sodium: 572.9mg (24.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.7g (55.4%), Selenium: 54.7µg (78.15%), Phosphorus: 447.82mg (44.78%), Vitamin B2: 0.76mg (44.51%), Vitamin B6: 0.75mg (37.35%), Vitamin C: 24.18mg (29.3%), Vitamin B5: 2.89mg (28.94%), Vitamin B12: 1.65µg (27.49%), Potassium: 839.41mg (23.98%), Vitamin D: 3.37µg (22.46%), Folate: 86.53µg (21.63%), Vitamin A: 1055.57IU (21.11%), Vitamin B1: 0.31mg (20.93%), Iron: 3.67mg (20.38%), Vitamin E: 2.9mg (19.33%), Zinc: 2.89mg (19.3%), Vitamin B3: 3.56mg (17.81%), Magnesium: 54.13mg (13.53%), Copper: 0.26mg (12.81%), Calcium: 126.54mg (12.65%), Manganese: 0.25mg (12.28%), Fiber: 2.67g (10.66%), Vitamin K: 10.8µg (10.28%)