



 **22%**
HEALTH SCORE

Crispy Bacon and Sweet Onion Omelet

 **Gluten Free**

READY IN



37 min.

SERVINGS



1

CALORIES



920 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 strips bacon
- 1 teaspoon butter
- 3 jumbo eggs
- 1 slice processed cheese food diced
- 0.1 teaspoon pepper red crushed
- 0.1 teaspoon salt
- 0.3 cup sharp cheddar cheese shredded
- 0.5 onion diced sweet

2 tablespoons water

Equipment

frying pan

paper towels

whisk

slotted spoon

Directions

Cook bacon in a skillet over medium-high heat until crisp.

Remove with a slotted spoon to paper towels to drain and cool; crumble the bacon and set aside.

Melt the butter in a skillet over medium heat. Cook and stir the onions in the butter until tender, about 10 minutes.

Prepare a 10-inch non-stick skillet with cooking spray and place over a cold burner.

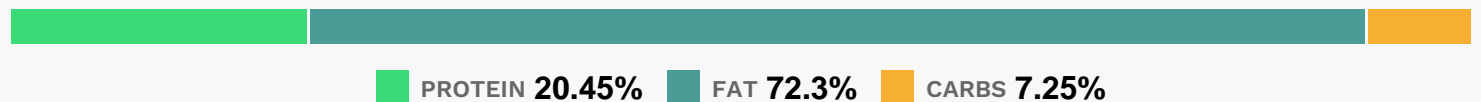
Whisk together the eggs and water; pour the egg mixture into the cold skillet. Cover and turn the burner on for medium-low heat. Cook until steam begins to vent from the skillet.

Remove the lid.

Sprinkle the crumbled bacon, Cheddar cheese, American cheese, salt, and red pepper over the eggs.

Spread the onions over the eggs. Gently swirl the skillet in a circular motion to release the omelet and slide it onto a plate. Fold the omelet in half. Allow the cheese to melt, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:104, Glycemic Load:0.4, Inflammation Score:-8, Nutrition Score:31.77565235677%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg,
Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg
Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin:
1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg,
Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 919.91kcal (46%), Fat: 73.41g (112.93%), Saturated Fat: 29.41g (183.8%), Carbohydrates: 16.58g (5.53%), Net
Carbohydrates: 15g (5.45%), Sugar: 9.6g (10.66%), Cholesterol: 821.16mg (273.72%), Sodium: 1728.28mg (75.14%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.71g (93.42%), Selenium: 88.88µg (126.97%), Phosphorus:
811.57mg (81.16%), Vitamin B2: 1.15mg (67.4%), Calcium: 565.62mg (56.56%), Vitamin B12: 2.74µg (45.75%), Vitamin
B6: 0.81mg (40.34%), Vitamin B5: 3.76mg (37.57%), Zinc: 5.27mg (35.14%), Vitamin A: 1735.41IU (34.71%), Folate:
134.73µg (33.68%), Vitamin D: 4.43µg (29.52%), Vitamin B1: 0.4mg (26.57%), Iron: 4.32mg (24.02%), Vitamin E:
2.99mg (19.91%), Vitamin B3: 3.96mg (19.81%), Potassium: 687.61mg (19.65%), Magnesium: 62mg (15.5%), Copper:
0.29mg (14.61%), Manganese: 0.2mg (10.24%), Vitamin C: 7.95mg (9.63%), Fiber: 1.58g (6.31%), Vitamin K: 2.9µg
(2.76%)