



Dad's Quick Bagel Omelet Sandwich

READY IN



20 min.

SERVINGS



4

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup onion finely chopped
- 1 tablespoon butter
- 4 large eggs
- 0.3 cup tomatoes chopped
- 0.1 teaspoon salt
- 0.1 teaspoon hot sauce hot
- 4 slices canadian bacon
- 4 bagels plain split
- 4 slices processed cheese food

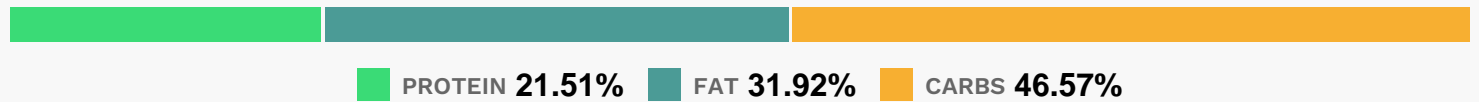
Equipment

- frying pan
- whisk
- microwave

Directions

- In a large skillet, saute onion in butter until tender.
- Whisk the eggs, tomato, salt and pepper sauce.
- Add egg mixture to skillet (mixture should set immediately at edges).
- As eggs set, push cooked edges toward the center, letting uncooked portion flow underneath. Cook until eggs are set. Meanwhile, heat bacon in the microwave and toast bagels if desired.
- Layer bagel bottoms with cheese.
- Cut omelet into fourths and serve on bagels with bacon.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:39.14, Inflammation Score:-5, Nutrition Score:16.347826216532%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 513.69kcal (25.68%), Fat: 17.96g (27.64%), Saturated Fat: 8.03g (50.17%), Carbohydrates: 58.99g (19.66%), Net Carbohydrates: 56.29g (20.47%), Sugar: 1.33g (1.48%), Cholesterol: 228.77mg (76.26%), Sodium: 1339.6mg (58.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.24g (54.47%), Phosphorus: 409.65mg (40.97%), Selenium: 26.8µg (38.29%), Manganese: 0.62mg (31%), Vitamin B1: 0.42mg (27.77%), Calcium: 272.76mg (27.28%), Vitamin B2: 0.39mg (22.77%), Vitamin B3: 3.74mg (18.72%), Zinc: 2.52mg (16.83%), Vitamin B12: 0.96µg (15.95%), Iron: 2.68mg (14.87%), Vitamin B5: 1.41mg (14.05%), Vitamin B6: 0.28mg (14.04%), Folate: 52.83µg (13.21%),

Vitamin D: 1.92µg (12.83%), Vitamin A: 633.89IU (12.68%), Magnesium: 48.86mg (12.21%), Copper: 0.24mg (11.96%),
Fiber: 2.7g (10.79%), Potassium: 338.52mg (9.67%), Vitamin E: 0.89mg (5.91%), Vitamin C: 2.11mg (2.56%), Vitamin
K: 1.72µg (1.64%)