



 **17%**
HEALTH SCORE

Farmhouse Omelets

 **Gluten Free**

READY IN



25 min.

SERVINGS



2

CALORIES



717 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 bacon diced
- 3 teaspoons butter divided
- 0.5 cup finely-chopped ham divided cubed fully cooked
- 6 eggs
- 0.3 cup mushrooms fresh divided thinly sliced
- 0.3 cup mushrooms fresh divided thinly sliced
- 0.3 cup bell pepper green divided chopped
- 0.3 cup onion chopped

- 0.1 teaspoon pepper
- 1 Dash hot sauce hot
- 0.3 teaspoon salt
- 4 ounces cheddar cheese shredded divided
- 1 tablespoon water

Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

Directions

- In a skillet, cook bacon over medium heat until crisp.
- Remove with a slotted spoon to paper towels.
- Drain, reserving 2 teaspoons drippings. In drippings, saute onion until tender; set aside.
- In a bowl, beat the eggs, water, salt if desired, pepper and pepper sauce. Melt 1-1/2 teaspoons butter in a 10-in. nonstick skillet over medium heat; add half of the egg mixture. As the eggs set, lift edges, letting uncooked portion flow underneath.
- When eggs are set, sprinkle half of the bacon, onion, ham, mushrooms, green pepper and cheese on one side; fold over. Cover and let stand for 1-2 minutes or until cheese is melted. Repeat with remaining ingredients for second omelet.

Nutrition Facts

 **PROTEIN 23.53%**  **FAT 72.83%**  **CARBS 3.64%**

Properties

Glycemic Index:105, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:28.207826293033%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 716.76kcal (35.84%), Fat: 57.67g (88.72%), Saturated Fat: 25.24g (157.73%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.57g (2.02%), Sugar: 2.45g (2.72%), Cholesterol: 613.53mg (204.51%), Sodium: 1519.01mg (66.04%), Alcohol: 0g (100%), Protein: 41.92g (83.83%), Selenium: 73.42µg (104.89%), Phosphorus: 699.06mg (69.91%), Vitamin B2: 1.07mg (62.71%), Calcium: 488.62mg (48.86%), Vitamin B12: 2.42µg (40.27%), Zinc: 5.13mg (34.17%), Vitamin B5: 3.16mg (31.61%), Vitamin A: 1554.71IU (31.09%), Vitamin C: 23.58mg (28.58%), Vitamin B6: 0.54mg (27.21%), Vitamin B1: 0.38mg (25.35%), Vitamin D: 3.2µg (21.36%), Folate: 84.79µg (21.2%), Vitamin B3: 3.89mg (19.43%), Iron: 3.06mg (17.02%), Potassium: 534.03mg (15.26%), Vitamin E: 2.25mg (15.01%), Copper: 0.26mg (13.2%), Magnesium: 48.83mg (12.21%), Manganese: 0.14mg (6.86%), Vitamin K: 3.95µg (3.76%), Fiber: 0.93g (3.71%)