



Hearty Country Cheese-and-Bacon Omelet

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 slices bacon
- ☐ 6 large eggs
- ☐ 1.5 cups hash browns refrigerated with peppers and onions
- ☐ 8 ounce cheese blend cheese shredded divided
- ☐ 0.3 cup milk
- ☐ 1 cup mushroom white
- ☐ 0.3 teaspoon pepper
- ☐ 1 plum tomatoes chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 cups pkt spinach fresh

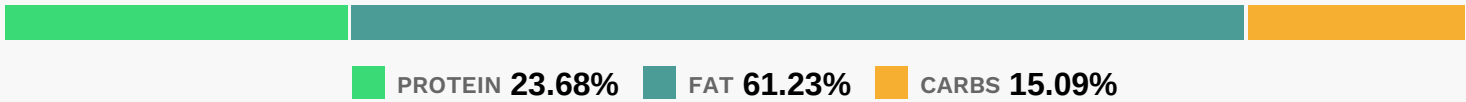
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Cook bacon in a nonstick skillet until crisp; remove bacon, and crumble. Reserve 2 tablespoons drippings in skillet.
- ☐ Saut mushrooms in reserved drippings until tender.
- ☐ Add fresh spinach, and cook 3 minutes.
- ☐ Remove mixture from skillet.
- ☐ Whisk together eggs and next 3 ingredients until frothy; stir in hash browns and 1 1/2 cups cheese.
- ☐ Pour into skillet, and cook over medium heat. As egg mixture starts to cook, gently lift the edges of omelet with a spatula, and tilt pan so uncooked portion flows underneath. Top with spinach mixture and tomato; cover and cook 3 more minutes or until omelet is set. Fold over in half; place on a serving plate.
- ☐ Sprinkle with remaining 1/2 cup cheese and bacon.

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:3.34, Inflammation Score:-7, Nutrition Score:17.018695561782%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin:

0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 333.68kcal (16.68%), Fat: 22.7g (34.93%), Saturated Fat: 9.75g (60.97%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 11.33g (4.12%), Sugar: 1.69g (1.88%), Cholesterol: 231.6mg (77.2%), Sodium: 672.08mg (29.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.75g (39.5%), Vitamin K: 50.3µg (47.91%), Selenium: 28.14µg (40.2%), Phosphorus: 320.7mg (32.07%), Vitamin A: 1574.37IU (31.49%), Vitamin B2: 0.46mg (27.06%), Calcium: 249.64mg (24.96%), Vitamin B12: 1.48µg (24.64%), Zinc: 2.32mg (15.44%), Vitamin B5: 1.41mg (14.06%), Folate: 51.93µg (12.98%), Vitamin B3: 2.56mg (12.79%), Vitamin B6: 0.25mg (12.7%), Potassium: 438.48mg (12.53%), Vitamin B1: 0.17mg (11.56%), Iron: 2.03mg (11.3%), Manganese: 0.22mg (11.25%), Vitamin C: 8.87mg (10.75%), Vitamin D: 1.38µg (9.22%), Copper: 0.17mg (8.64%), Magnesium: 33.82mg (8.45%), Vitamin E: 0.96mg (6.39%), Fiber: 1.26g (5.04%)