



## Kimchi, Bacon and Shiitake Mushroom Omelette

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



447 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- ☐ 2 strips bacon cut into 1/2 inch pieces, optional)
- ☐ 0.3 cup cheddar cheese grated (, optional)
- ☐ 2 eggs lightly beaten ( )
- ☐ 1 green onion sliced ( )
- ☐ 0.5 cup kimchi drained chopped ( and )
- ☐ 2 mushroom caps sliced ( )

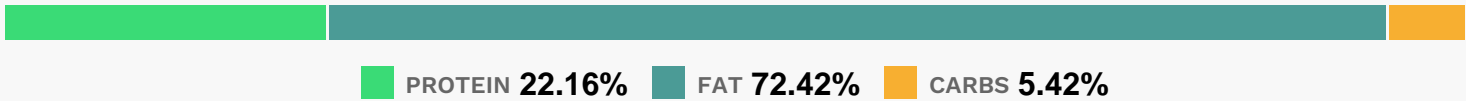
### Equipment

☐ frying pan

Directions

- ☐ Cook the bacon in a pan until just cooked.
- ☐ Add the mushrooms and saute until tender, about 3-5 minutes. (
- ☐ Saute in oil for a vegetarian version.
- ☐ Adding a bit of toasted sesame oil would add a ton of great flavour)
- ☐ Add the kimchi and saute until most of the excess moisture has cooked off, about 2-3 minutes, set aside and let cool.
- ☐ Pour the eggs into the pan and cook without disturbing them until they are just about to set, about 2 minutes.
- ☐ Sprinkle on the cheese and let it start to melt, about a minute.
- ☐ Sprinkle on kimchi, bacon and shiitake mixture and continue to cook until the eggs are done, about a minute.
- ☐ Remove from heat and serve garnished with the green onions.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:20.797826124274%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 446.57kcal (22.33%), Fat: 35.88g (55.21%), Saturated Fat: 14.07g (87.94%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 4.12g (1.5%), Sugar: 1.97g (2.19%), Cholesterol: 384.65mg (128.22%), Sodium: 891.78mg (38.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.4%), Selenium: 45.81µg (65.44%), Vitamin K: 50.85µg (48.43%), Vitamin B2: 0.75mg (44.32%), Phosphorus: 416.58mg (41.66%), Calcium: 279.38mg (27.94%), Vitamin B6: 0.5mg (24.9%), Folate: 88.51µg (22.13%), Vitamin B12: 1.3µg (21.71%), Vitamin B5: 2.14mg (21.39%), Zinc: 3.15mg (21.02%), Iron: 3.5mg (19.42%), Vitamin A: 947.66IU (18.95%), Vitamin B3: 3.63mg (18.16%), Vitamin D: 2.22µg (14.78%), Potassium: 435.38mg (12.44%), Vitamin B1: 0.18mg (12.09%), Magnesium: 39.52mg (9.88%), Vitamin E:

1.45mg (9.7%), Fiber: 1.93g (7.73%), Copper: 0.15mg (7.73%), Manganese: 0.12mg (5.8%), Vitamin C: 2.26mg (2.73%)