



Monterey Jack Omelets with Bacon, Avocado, and Salsa

 Gluten Free

READY IN



16 min.

SERVINGS



2

CALORIES



913 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 avocado diced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter divided
- ☐ 6 slices bacon fully cooked
- ☐ 6 large eggs
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 4 oz monterrey jack cheese shredded divided

- ☐ 0.3 cup bottled salsa
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons water

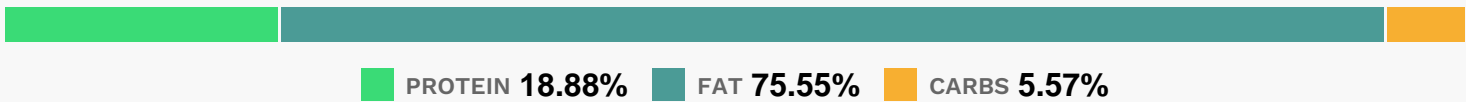
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Reheat bacon according to package directions until crisp; coarsely crumble. Stir together bacon, 1/2 cup cheese, avocado, and salsa; set aside to use as filling.
- ☐ Combine remaining 1/2 cup cheese and cilantro in a bowl.
- ☐ Whisk together eggs, water, salt, and pepper. Melt 2 Tbsp. butter in a 9" nonstick skillet over medium-high heat.
- ☐ Pour half of egg mixture into skillet, and sprinkle with half of cilantro-cheese mixture. As egg starts to cook, gently lift edges of omelet with a spatula, and tilt pan so uncooked portion flows underneath.
- ☐ Sprinkle 1 side of omelet with half of bacon filling. Fold in half. Cook over medium-low heat 45 seconds.
- ☐ Remove from pan, and keep warm. Repeat procedure with remaining butter, egg mixture, cilantro-cheese mixture, and bacon filling.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:0.88, Inflammation Score:-9, Nutrition Score:34.834782641867%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 913.07kcal (45.65%), Fat: 77.73g (119.59%), Saturated Fat: 35.14g (219.63%), Carbohydrates: 12.89g (4.3%), Net Carbohydrates: 5.45g (1.98%), Sugar: 2.78g (3.08%), Cholesterol: 693.23mg (231.08%), Sodium: 1942.17mg (84.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.72g (87.43%), Selenium: 67.45µg (96.36%), Phosphorus: 712.69mg (71.27%), Vitamin B2: 1.12mg (65.69%), Calcium: 540.84mg (54.08%), Vitamin A: 2403.04IU (48.06%), Vitamin B5: 4.19mg (41.94%), Folate: 165.54µg (41.39%), Vitamin B6: 0.75mg (37.41%), Vitamin B12: 2.12µg (35.26%), Zinc: 5.12mg (34.13%), Vitamin E: 5.01mg (33.41%), Vitamin K: 32.93µg (31.36%), Fiber: 7.44g (29.75%), Potassium: 964.63mg (27.56%), Vitamin B3: 4.83mg (24.17%), Vitamin D: 3.44µg (22.91%), Iron: 4.02mg (22.34%), Magnesium: 76.45mg (19.11%), Vitamin B1: 0.28mg (18.98%), Copper: 0.37mg (18.7%), Manganese: 0.27mg (13.74%), Vitamin C: 11.21mg (13.58%)