



New Colorado Omelet

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



428 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 1 slice bacon
- ☐ 5 ounces deli turkey thinly sliced
- ☐ 1 pinch parsley dried
- ☐ 3 eggs
- ☐ 0.3 cup knorr hollandaise sauce prepared
- ☐ 0.3 cup milk
- ☐ 0.3 cup monterrey jack cheese shredded
- ☐ 2 slices tomatoes halved thin

- ☐ 2 teaspoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Place bacon into a skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon on a paper towel-lined plate, allow to cool, and crumble the bacon.
- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- ☐ Whisk eggs and milk in a bowl until smooth.
- ☐ Heat vegetable oil in an omelet pan or skillet over medium heat and pour in egg mixture. Swirl the pan to coat the bottom of the skillet evenly with the eggs. Cook until the omelet is barely set but the edges are not hard, 1 to 2 minutes.
- ☐ Gently flip the omelet over and cook the other side, about 1 more minute.
- ☐ Place omelet onto a broiler-safe baking sheet; top the omelet with crumbled bacon, diced tomato, deli turkey, and Monterey Jack cheese.
- ☐ Fold the omelet in half to enclose the fillings and place the omelet under the broiler until the cheese bubbles, about 2 minutes.
- ☐ Place omelet onto a serving platter and arrange the tomato slices on the omelet.
- ☐ Pour hollandaise sauce over the omelet and sprinkle with parsley flakes to serve.

Nutrition Facts



 **PROTEIN 24.24%**  **FAT 67.2%**  **CARBS 8.56%**

Properties

Glycemic Index:51.5, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:13.281304354253%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 427.7kcal (21.38%), Fat: 32.06g (49.32%), Saturated Fat: 10.2g (63.73%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 8.73g (3.17%), Sugar: 3.73g (4.15%), Cholesterol: 295.95mg (98.65%), Sodium: 1332.96mg (57.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.04%), Phosphorus: 413.13mg (41.31%), Selenium: 25.17µg (35.96%), Vitamin B2: 0.42mg (24.99%), Calcium: 196.59mg (19.66%), Vitamin K: 17.85µg (17%), Vitamin B12: 0.92µg (15.41%), Vitamin A: 753.11IU (15.06%), Zinc: 2.21mg (14.75%), Copper: 0.25mg (12.7%), Iron: 2.27mg (12.62%), Vitamin B5: 1.25mg (12.46%), Vitamin D: 1.78µg (11.9%), Potassium: 392.75mg (11.22%), Magnesium: 40.82mg (10.2%), Vitamin B6: 0.2mg (9.87%), Folate: 38.51µg (9.63%), Vitamin E: 1.35mg (9.01%), Vitamin B1: 0.09mg (5.8%), Vitamin C: 4.32mg (5.24%), Manganese: 0.1mg (5.11%), Vitamin B3: 0.75mg (3.74%), Fiber: 0.46g (1.83%)