



Open-Faced Bacon-and-Potato Omelet

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 4 slices bacon chopped
- 2 teaspoons butter
- 6 large eggs
- 4 green onions thinly sliced
- 2 cups hash browns frozen southern-style thawed cubed
- 2 tablespoons parsley fresh italian chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

- 1 cup sharp cheddar cheese shredded
- 1 large tomatoes seeded chopped

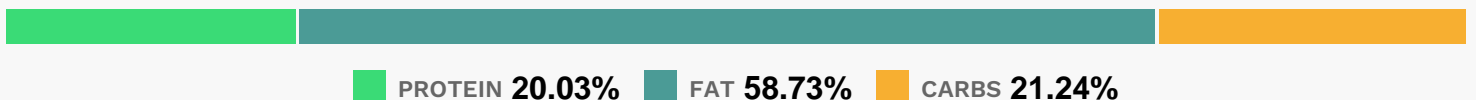
Equipment

- frying pan
- paper towels
- whisk

Directions

- Cook bacon in a large ovenproof nonstick skillet over medium heat until crisp; remove bacon and drain on paper towels, reserving 1 tablespoon drippings in skillet. Set bacon aside.
- Cook hash browns in hot drippings over medium heat 10 minutes or until hash browns are tender, stirring occasionally. Stir in green onions; cook 5 minutes or until tender.
- Add butter to skillet, stirring until melted.
- Add tomato, and cook over medium-high heat 3 to 4 minutes.
- Sprinkle with bacon and parsley.
- Whisk together eggs, salt, pepper, and, if desired, hot sauce.
- Pour over hash brown mixture. Gently lift edges of omelet, and tilt pan so uncooked portion flows underneath. Cook over medium heat until omelet begins to set.
- Sprinkle with cheese.
- Broil 5 1/2 inches from heat 5 minutes or until top is set and cheese melts. Slide out of skillet onto platter.
- Cut into wedges, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:4.12, Inflammation Score:-6, Nutrition Score:13.77956533432%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 287.59kcal (14.38%), Fat: 18.84g (28.99%), Saturated Fat: 7.54g (47.11%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 13.71g (4.99%), Sugar: 1.24g (1.38%), Cholesterol: 214.51mg (71.5%), Sodium: 519.73mg (22.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.46g (28.92%), Vitamin K: 41.56µg (39.58%), Selenium: 23.89µg (34.13%), Phosphorus: 250.8mg (25.08%), Vitamin B2: 0.35mg (20.44%), Vitamin A: 968.97IU (19.38%), Calcium: 180.51mg (18.05%), Vitamin C: 13.18mg (15.97%), Vitamin B12: 0.72µg (11.99%), Vitamin B5: 1.19mg (11.93%), Potassium: 415.25mg (11.86%), Zinc: 1.75mg (11.7%), Vitamin B6: 0.23mg (11.43%), Iron: 1.94mg (10.8%), Folate: 41.98µg (10.5%), Vitamin B3: 2.04mg (10.21%), Vitamin B1: 0.15mg (10.06%), Manganese: 0.18mg (9.02%), Vitamin D: 1.17µg (7.81%), Copper: 0.15mg (7.27%), Vitamin E: 1mg (6.66%), Magnesium: 26.35mg (6.59%), Fiber: 1.62g (6.47%)