



River Omelets

 **Gluten Free**

READY IN



55 min.

SERVINGS



6

CALORIES



377 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 0.5 pound bacon cooked chopped
- 4 ounce olives black drained canned
- 0.8 cup monterrey jack cheese shredded
- 10 eggs
- 0.3 cup spring onion chopped
- 0.3 cup milk
- 0.3 cup mushrooms sliced
- 0.3 cup mushrooms sliced

- 4 dashes hot sauce hot to taste
- 2 roma tomatoes chopped (plum)
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- baking pan
- hand mixer
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Coat an 8 inch square baking dish with non-stick cooking spray.
- In a large bowl, combine eggs and milk. With an electric mixer, beat until frothy. Blend in salt and hot pepper sauce. Stir in bacon, olives, tomatoes, green onions, mushrooms and cheese.
- Pour into prepared pan, and cover with lid or aluminum foil.
- Bake in preheated oven for 40 to 50 minutes, or until eggs are set in the center.

Nutrition Facts

PROTEIN 28.55% **FAT 67.09%** **CARBS 4.36%**

Properties

Glycemic Index:33.17, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:16.799999952316%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 377.4kcal (18.87%), Fat: 27.93g (42.97%), Saturated Fat: 10.18g (63.61%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3g (1.09%), Sugar: 1.95g (2.17%), Cholesterol: 324.42mg (108.14%), Sodium: 1321.68mg (57.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.74g (53.48%), Selenium: 45.17µg (64.53%), Phosphorus: 384.71mg (38.47%), Vitamin B2: 0.55mg (32.24%), Vitamin B3: 4.63mg (23.13%), Vitamin B12: 1.26µg (20.99%), Vitamin B6: 0.38mg (19.12%), Calcium: 182.61mg (18.26%), Vitamin B1: 0.27mg (18.22%), Vitamin B5: 1.81mg (18.12%), Zinc: 2.7mg (17.98%), Vitamin A: 828.65IU (16.57%), Vitamin D: 1.87µg (12.49%), Vitamin E: 1.83mg (12.19%), Potassium: 424.07mg (12.12%), Folate: 45.16µg (11.29%), Iron: 2.01mg (11.16%), Vitamin K: 11.14µg (10.61%), Copper: 0.17mg (8.48%), Magnesium: 32.11mg (8.03%), Vitamin C: 3.89mg (4.71%), Fiber: 1.09g (4.35%), Manganese: 0.07mg (3.34%)