



Western Skillet Omelet

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



33 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 6 slices oscar mayer bacon
- 1 lb baking potatoes cubed peeled (3 medium)
- 6 eggs
- 3 green onions sliced
- 0.5 cup pasilla peppers green chopped
- 1 cup cheddar cheese shredded kraft
- 1 tomatoes chopped

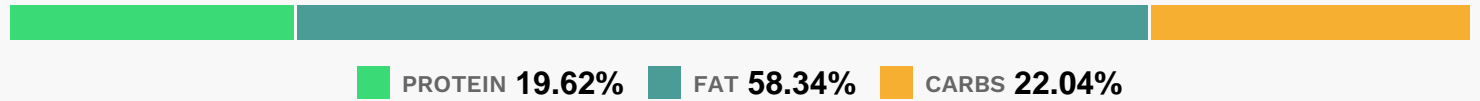
Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Cook potatoes in boiling water in large saucepan 5 min. Meanwhile, cook bacon in large skillet on medium-high heat until crisp.
- Remove bacon from skillet; drain on paper towels. Discard drippings.
- Add peppers, tomatoes and onions to skillet; cook and stir on medium heat 3 min.
- Drain potatoes.
- Add to skillet; cook 15 min., stirring occasionally.
- Make 6 small wells in potato mixture.
- Add 1 egg to each well; top with bacon and cheese. Cover; cook 5 to 8 min. or until eggs are set.

Nutrition Facts



Properties

Glycemic Index:3.49, Glycemic Load:1.22, Inflammation Score:-1, Nutrition Score:1.4617391306421%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 32.65kcal (1.63%), Fat: 2.12g (3.26%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.18g (0.2%), Cholesterol: 21.49mg (7.16%), Sodium: 36.81mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Selenium: 2.57µg (3.68%), Phosphorus: 27.96mg (2.8%), Vitamin B6: 0.05mg (2.48%), Vitamin C: 1.99mg (2.41%), Vitamin B2: 0.04mg (2.18%), Calcium: 19.24mg (1.92%), Vitamin K: 1.84µg (1.76%), Potassium: 56.83mg (1.62%), Vitamin A: 77.64IU (1.55%), Zinc: 0.2mg (1.32%), Vitamin B12: 0.08µg (1.27%), Vitamin B5: 0.12mg (1.24%), Vitamin B1: 0.02mg (1.19%), Folate: 4.73µg (1.18%), Iron: 0.19mg (1.05%), Vitamin B3: 0.21mg (1.05%)