

Whole Egg, Bacon, and Veggie Omelet

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|--------------------|--------------------|---------------------|--------------|
| Prep Time = 10 min | Cook Time = 15 min | Total Time = 25 min | Servings = 2 |
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Ingredients:

- 4 Whole Eggs from Pasture-Raised Chickens
- 1 Tablespoon Butter from Grass-Fed Cows
- 1/16 Cup of Raw Milk
- 1 Teaspoon of Extra Virgin Olive Oil
- Dash of Hot Pepper Flakes
- 2 Slices of Bacon Nitrate-Free Chopped
- 1/4 Green Bell Pepper Chopped
- 1/4 Red Bell Pepper Chopped
- 1/4 Onion Chopped
- 1/2 Cup Spinach Leaves Organic
- 1/4 Cup Real Mozzarella Cheese
- 1/4 Cup Real Cheddar Cheese
- 1 Tablespoon Fresh Garden Salsa

Directions:

1. Place your oven on broil and allow it to preheat while preparing the omelet.
2. Chop onions and peppers while cooking bacon strips in the microwave.
3. Chop up bacon strips into small pieces once finished cooking.
4. Mix bacon, onion, spinach, green peppers, and red peppers together in another small bowl and place to the side.
5. In a small mixing bowl, place eggs, milk, butter, and hot pepper flakes. Beat eggs and mixture with fork.
6. In a frying pan, add 1 teaspoon of extra virgin olive oil and coat pan well with olive oil. Cook egg mixture over medium heat.
7. Once eggs have solidified, add the bowl of bacon, onion, spinach, and pepper mixture to the top of the eggs.
8. Sprinkle the cheeses evenly over the eggs with the toppings while the eggs continue to cook in the frying pan.
9. Take the pan off the heat and place in your oven that is on broil. Broil for approximately 2 minutes and make sure the cheese is melted well.
10. Take the omelet out of the pan and place on plate while flipping the top half of omelet over the lower half.
11. Place fresh garden salsa on top of omelet and serve.
12. Enjoy this amazing breakfast! You now know how to cook a great omelet. The broiling really adds something extra to the omelet so I hope you enjoy.

| Nutrition Facts | |
|--|-----------------------|
| Serving Size 532 g | |
| Amount Per Serving | |
| Calories 884 | Calories from Fat 624 |
| % Daily Value* | |
| Total Fat 70g | 108% |
| Saturated Fat 29g | 145% |
| Trans Fat 2g | |
| Cholesterol 975mg | 325% |
| Sodium 1230mg | 51% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber 4g | 16% |
| Sugars 6g | |
| Protein 50g | |
| Vitamin A 217% • Vitamin C 277% | |
| Calcium 69% • Iron 34% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| NutritionData.com | |

Vitamins

| Amounts Per Selected Serving | | %DV |
|------------------------------|-----------|------|
| Vitamin A | 10857 IU | 217% |
| Vitamin C | 166 mg | 277% |
| Vitamin D | ~80.6 IU | ~20% |
| Vitamin E (Alpha Tocopherol) | ~4.8 mg | ~24% |
| Vitamin K | ~20.4 mcg | ~26% |
| Thiamin | 0.3 mg | 22% |
| Riboflavin | 1.4 mg | 81% |
| Niacin | 3.2 mg | 16% |
| Vitamin B6 | 0.7 mg | 36% |
| Folate | 249 mcg | 62% |
| Vitamin B12 | 3.9 mcg | 64% |
| Pantothenic Acid | ~3.7 mg | ~37% |
| Choline | ~556 mg | |
| Betaine | ~2.2 mg | |

Minerals

| Amounts Per Selected Serving | | %DV |
|------------------------------|-----------|------|
| Calcium | 687 mg | 69% |
| Iron | 6.1 mg | 34% |
| Magnesium | 66.7 mg | 17% |
| Phosphorus | 813 mg | 81% |
| Potassium | 985 mg | 28% |
| Sodium | 1230 mg | 51% |
| Zinc | 5.1 mg | 34% |
| Copper | 0.4 mg | 18% |
| Manganese | ~0.5 mg | ~25% |
| Selenium | 85.9 mcg | 123% |
| Fluoride | ~29.9 mcg | |

Calorie Information

| Amounts Per Selected Serving | | %DV |
|------------------------------|---------------|-----|
| Calories | 884 (3701 kJ) | 44% |
| From Carbohydrate | 51.1 (214 kJ) | |
| From Fat | 624 (2613 kJ) | |
| From Protein | 210 (879 kJ) | |
| From Alcohol | 0.0 (0.0 kJ) | |

Protein & Amino Acids

| Amounts Per Selected Serving | | %DV |
|------------------------------|--------|-----|
| Protein | 49.5 g | 99% |

Carbohydrates

| Amounts Per Selected Serving | | %DV |
|------------------------------|--------|-----|
| Total Carbohydrate | 13.7 g | 5% |
| Dietary Fiber | 3.9 g | 16% |
| Starch | ~0.0 g | |
| Sugars | ~6.1 g | |

Fats & Fatty Acids

| Amounts Per Selected Serving | | %DV |
|-----------------------------------|---------|------|
| Total Fat | 70.0 g | 108% |
| Saturated Fat | 29.0 g | 145% |
| Monounsaturated Fat | 26.5 g | |
| Polyunsaturated Fat | 7.8 g | |
| Total trans fatty acids | ~1.7 g | |
| Total trans-monoenoic fatty acids | ~ | |
| Total trans-polyenoic fatty acids | ~ | |
| Total Omega-3 fatty acids | 753 mg | |
| Total Omega-6 fatty acids | 6070 mg | |

Your Notes: