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Le California Blt Omelette ♦♦

The Le California Blt Omelette is a delicious breakfast dish inspired by the classic BLT sandwich. It features crispy bacon, fresh lettuce, juicy tomatoes, and creamy avocado, all folded into a fluffy omelette. This recipe is perfect for a leisurely weekend brunch or a quick and satisfying weekday breakfast.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 pieces	Eggs
100 g	bacon
50 g	lettuce
100 g	Tomatoes

100 g	Avocado
1 tsp	salt
1 tsp	pepper
2 tbsp	olive oil

Directions

Step 1

In a bowl, whisk the eggs with salt and pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Heat olive oil in a non-stick pan over medium heat.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Stove

Pour the whisked eggs into the pan and cook until the edges start to set.

Prep Time: 3 mins

Cook Time: 5 mins

Step 4

Place the bacon, lettuce, tomatoes, and avocado on one half of the omelette.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Stove

Fold the other half of the omelette over the fillings and cook for another 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Serve hot and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	250 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	35 mcg	63.64%	63.64%

Recipe Attributes

Seasonality

Spring

Meal Type

Breakfast

Lunch

Brunch

Supper

Kitchen Tools

Slow Cooker

Course

Appetizers

Salads

Snacks

Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Difficulty Level

Medium

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