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Tbm Omelette on Plain Squagel

A delicious omelette made with Tbm (Tasty Bacon and Mushroom) filling served on a plain squagel. This recipe is perfect for breakfast or brunch.

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
4 slices	bacon
100 g	Mushrooms
0.5 tsp	salt
0.5 tsp	pepper
50 g	cheddar cheese

2 plain squagel
pieces

Directions

Step 1

Frying

Cook the bacon in a pan until crispy. Remove from pan and crumble into small pieces.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Sautéing

In the same pan, sauté the mushrooms until cooked. Season with salt and pepper.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Mixing

In a bowl, beat the eggs and season with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cooking

Pour the beaten eggs into the pan with the mushrooms. Cook until the eggs are set.

Prep Time: 1 mins

Cook Time: 5 mins

Step 5

Cooking

Sprinkle the crumbled bacon and cheddar cheese on top of the omelette. Cook for another minute until the cheese melts.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Toasting

Toast the plain squagels.

Prep Time: 1 mins

Cook Time: 2 mins

Step 7

Plating

Place the omelette on the bottom half of the squagel and cover with the top half. Serve hot.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	300 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Brunch

Difficulty Level

Medium

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