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Omelet with Feta and Bacon ♦

A delicious omelet made with feta cheese and crispy bacon. Perfect for breakfast or brunch.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 pieces	Eggs
100 g	feta cheese
50 g	bacon
0.5 tsp	Salt
0.5 tsp	Pepper
20 g	butter

Directions

Step 1

Crack the eggs into a bowl and whisk them until well beaten.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Crumble the feta cheese and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Frying

Cook the bacon in a skillet over medium heat until crispy. Remove from the skillet and chop into small pieces.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Frying

Melt the butter in the skillet over medium heat. Pour in the beaten eggs and let them cook for a few seconds until they start to set around the edges.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Frying

Sprinkle the crumbled feta cheese and chopped bacon over one half of the omelet. Season with salt and pepper.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Frying

Using a spatula, fold the other half of the omelet over the filling. Cook for another minute or until the cheese has melted.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Slide the omelet onto a plate and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 12 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	0 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	15 g	53.57%	60%
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	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	10 mg	1%	1%
Iron	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%
Zinc	4 mg	36.36%	50%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Breads

Salads

Soups

Difficulty Level

Medium

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