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Canadian Bacon and Avocado Omelet ♦♦

A delicious omelet made with Canadian bacon and avocado. It is a perfect breakfast or brunch option.

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

100 g	Canadian Bacon
100 g	Avocado
4 units	Eggs
1 tsp	salt
1 tsp	pepper

2 tbsp olive oil

Directions

Step 1

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

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

Prep Time: 0 mins

Cook Time: 2 mins

Step 3

Stove

Pour the beaten eggs into the pan and cook for 2 minutes or until the edges start to set.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Place the Canadian bacon and avocado slices on one half of the omelet.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Stove

Fold the other half of the omelet over the filling and cook for an additional 2 minutes or until the omelet is cooked through.

Prep Time: 0 mins

Cook Time: 2 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 5 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	5 g	9.09%	10%
Fibers	3 g	7.89%	12%
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	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	300 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring

Meal Type

Breakfast

Lunch

Brunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

Course

Salads Soups

Cultural

Chinese New Year Halloween

Demographics

Kids Friendly Teen Friendly

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Lacto-Ovo Vegetarian Diet
Low Sodium Diet The Gerson Therapy The F-Plan Diet The Breatharian Diet
The Spring Detox Diet The Fall Immunity-Boosting Diet

Difficulty Level

Medium

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