

Potato Omelet

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Servings: 2

4 strips bacon, chopped
1/2 cup diced hash brown potatoes, thawed
4 eggs
3 tablespoons water
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons butter
3 tablespoons cheddar cheese, grated

In a large skillet, cook the bacon until crisp. Drain all but one tablespoon of the fat.

Add the potatoes and cook until very hot. Remove the hash browns and wipe out the skillet.

In a medium mixing bowl, whisk the eggs, water, salt and pepper.

Heat the skillet over medium heat for 30 seconds. Add the butter and let melt.

Add the egg mixture. Stir gently, then cook over medium heat, lifting the cooked edges of the omelet and letting uncooked egg run to the edges of the pan.

Spoon the potato-bacon mixture and the grated cheese onto the omelet. Fold over and remove to plate.

Per Serving (excluding unknown items): 366 Calories; 31g Fat (77.5% calories from fat); 19g Protein; 1g Carbohydrate; trace Dietary Fiber; 477mg Cholesterol; 1059mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 4 1/2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	366	Vitamin B6 (mg):	.2mg
% Calories from Fat:	77.5%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	1.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	21.2%	Riboflavin B2 (mg):	.5mg

Total Fat (g): 31g
Saturated Fat (g): 15g
Monounsaturated Fat (g): 11g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 477mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 19g
Sodium (mg): 1059mg
Potassium (mg): 213mg
Calcium (mg): 139mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 1035IU
Vitamin A (r.e.): 281RE

Folacin (mcg): 51mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 366 **Calories from Fat:** 284

% Daily Values*

Total Fat	31g	48%
	Saturated Fat 15g	74%
Cholesterol	477mg	159%
Sodium	1059mg	44%
Total Carbohydrates	1g	0%
	Dietary Fiber trace	0%
Protein	19g	
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Vitamin A		21%
Vitamin C		7%
Calcium		14%
Iron		12%

* Percent Daily Values are based on a 2000 calorie diet.