



## KETO BAKED BACON OMELET

20 minutes

2 portions

### INGREDIENTS

- 4 large eggs (200 g)
- 150 grams of bacon, cut into bits
- 35 grams of butter, salted
- 50 grams of baby spinach,
- 1 tbsp chopped of chives, raw (3 g)

### COOKING METHOD

- 1° Preheat the oven to 200°C. Grease an individual serving-sized baking dish with butter
- 2° Fry bacon and spinach in the remaining butter.
- 3° Whisk the eggs until frothy. Mix in the spinach and bacon, including the fat left from frying.
- 4° Add some finely chopped chives. Season to taste with salt and pepper.
- 5° Pour the egg mixture into baking dish(es) and bake for 20 minutes or until set and golden brown.
- 6° Let cool for a few minutes and serve.
- 7° TIP: Mix in some grated cheddar or sprinkle parmesan on top before baking. Sautéed onions are another yummy possible addition.

### NUTRITIONAL INFORMATION

|                              | PER 100 g | PER PORTION (219 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 175 kcal  | 384 kcal            | 19 %  |
| FAT                          | 12 g      | 26 g                | 40 %  |
| FATTY ACIDS, TOTAL SATURATED | 6 g       | 13 g                | 65 %  |
| CHOLESTEROL                  | 210 mg    | 460 mg              | 153 % |
| SODIUM                       | 465 mg    | 1019 mg             | 42 %  |
| CARBOHYDRATE                 | 1 g       | 3 g                 | 1 %   |
| SUGARS                       | 1 g       | 1 g                 | —     |
| FIBER                        | 0 g       | 1 g                 | 2 %   |
| PROTEIN                      | 16 g      | 35 g                | —     |