

**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	—