

Bacon Spinach Omelette

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/bacon-spinach-swiss-quiche-recipe>

Ingredients:

- 4 eggs beaten
- 3 tablespoons milk or half/half
- salt
- pepper
- 1/2 cup spinach chopped
- 1/4 cup cherry tomatoes sliced
- 4 slices bacon cut and cooked
- 1/2 cup cheese grated

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 245 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 9 grams
8. Sodium: 600 milligrams
9. Sugar: 2 grams

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