

MCT Asparagus Bacon Cheddar Omelet

2 net carbs for total recipe. (78.5% calories from fat.)



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DIRECTIONS

Cook 2 slices of bacon in a skillet. Remove and set aside; chop when cooled. Add 1 tablespoon coconut or MCT oil to the skillet and mix with the bacon drippings.

Combine the chopped bacon, chopped asparagus, heavy cream, eggs and ground flax seeds into a bowl and stir well.

When the skillet is hot, pour in the contents of the bowl. Flip the omelet once, then add the cheddar cheese. Fold the omelet over in half.

Continue cooking 1 to 2 more minutes, or to desired doneness.

- 2 slice bacon, cooked
- 1 tbsp coconut oil (or MCT oil)
- 1 oz chopped asparagus
- 1 tbsp heavy whipping cream
- 2 eggs
- 1 tsp flax seeds, ground
- 1 oz cheddar cheese, shredded

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 510 Calories from Fat: 401
% Daily Values*

Total Fat 45g	69%
Saturated Fat 27g	133%
Cholesterol 485mg	162%
Sodium 524mg	22%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	2%
Protein 24g	
Vitamin A	23%
Vitamin C	13%
Calcium	27%
Iron	14%

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