

Low-carb Baked Omelet with Bacon



Relish bacon at any hour of the day with this keto baked omelet recipe that looks attractive with the green spinach popping in the soft golden omelet.

Ingredients for 2 serving (US/Metric)

- 3 *pieces* **Eggs**
- 4 *pieces* **Bacon**
- 2 *tbsp* **Butter**
- 1.5 *cup* **Spinach**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 21%
- **Fat:** 77%
- **Net carbs:** 2%

Instructions

1. Set the oven for preheating at 400°F (200°C).
2. Grease an oven-proof serving dish (for 1 person) with butter!
3. Use the leftover butter to fry the bacon & spinach.
4. Beat the eggs! Add the fried spinach & bacon along with the pan's liquid, also add the chives (chopped finely), salt & pepper. Mix!
5. Transfer the egg mixture into the greased over-proof dish. Bake for 20 minutes.
6. You'll know the omelet is done when it turns golden brownish and sets.
7. Enjoy after a couple of minutes so that the omelet is cool enough to consume!