



Bacon Sunshine Skillet

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 oz oscar mayer bacon fully cooked cut into 1/2-inch pieces
- 6 eggs
- 2 large green onions sliced
- 2 cups ore-ida hash brown potatoes shredded
- 2 Tbsp oil
- 0.1 tsp pepper
- 0.5 cup sharp cheddar cheese shredded kraft
- 1 tomatoes chopped

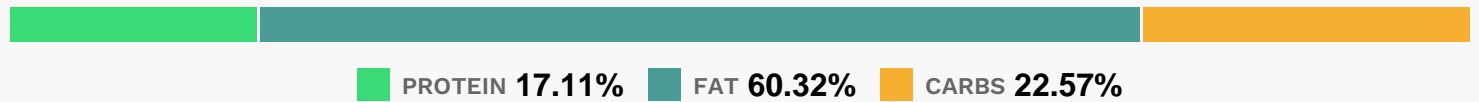
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat oil in medium nonstick skillet on medium-high heat.
- Add potatoes and onions; cook 8 to 10 min. or until potatoes are browned, stirring occasionally.
- Remove from heat.
- Spread potatoes to evenly cover bottom of skillet.
- Whisk eggs in small bowl. Stir in bacon and pepper; pour over potatoes. Cover.
- Cook on medium-low heat 10 min. or until egg mixture is set. Top with cheese and tomatoes; cook, covered, 3 to 4 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:1.5960869633633%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 38.42kcal (1.92%), Fat: 2.59g (3.99%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.14g (0.15%), Cholesterol: 27.14mg (9.05%), Sodium: 33.1mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.31%), Selenium: 2.82µg (4.03%), Vitamin K: 3.39µg (3.23%), Phosphorus: 28.25mg (2.83%), Vitamin B2: 0.04mg (2.41%), Vitamin C: 1.52mg (1.84%), Vitamin A: 88.57IU (1.77%), Calcium: 16.06mg (1.61%), Vitamin E: 0.23mg (1.56%), Potassium: 54.48mg (1.56%), Vitamin B5: 0.15mg (1.55%), Vitamin B6: 0.03mg (1.47%), Iron: 0.26mg (1.42%), Vitamin B3: 0.28mg (1.39%), Vitamin B12: 0.08µg (1.38%), Vitamin

B1: 0.02mg (1.33%), Folate: 5.08µg (1.27%), Zinc: 0.19mg (1.27%), Manganese: 0.02mg (1.19%)