



## BOCA Sausage Skillet

 Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

### Ingredients

- 5 boca veggie breakfast links frozen chopped
- 0.3 cup milk cheddar cheese shredded 2% kraft
- 1.5 cups cholesterol-free egg product
- 6 green onions sliced
- 2 cups ore-ida hash brown potatoes shredded
- 1 Tbsp oil

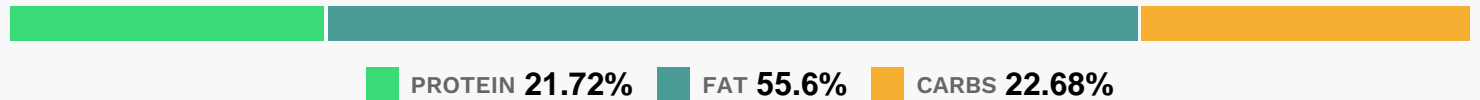
### Equipment

- frying pan

## Directions

- Heat oil in medium nonstick skillet on medium-high heat.
- Add potatoes; cook 8 to 10 min. or until browned, stirring occasionally.
- Spread potatoes to evenly cover bottom of skillet.
- Combine egg product, link pieces and onions; pour over potatoes. Cover. Simmer on medium-low heat 12 min. or until center is set.
- Remove from heat.
- Top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:19.67, Glycemic Load:3.76, Inflammation Score:-4, Nutrition Score:11.649565199147%

## Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 245.02kcal (12.25%), Fat: 15.12g (23.27%), Saturated Fat: 4.86g (30.39%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 12.58g (4.58%), Sugar: 0.53g (0.58%), Cholesterol: 244.27mg (81.42%), Sodium: 250.64mg (10.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.59%), Selenium: 20.71µg (29.58%), Vitamin K: 26.9µg (25.62%), Phosphorus: 208.88mg (20.89%), Vitamin B2: 0.34mg (20.3%), Vitamin B5: 1.3mg (13.04%), Vitamin B12: 0.75µg (12.48%), Iron: 2.12mg (11.79%), Vitamin B6: 0.23mg (11.34%), Zinc: 1.57mg (10.46%), Vitamin A: 523.09IU (10.46%), Potassium: 362.62mg (10.36%), Vitamin B3: 2.06mg (10.3%), Folate: 40.52µg (10.13%), Vitamin C: 8.11mg (9.83%), Vitamin D: 1.47µg (9.8%), Vitamin B1: 0.15mg (9.76%), Calcium: 95.54mg (9.55%), Vitamin E: 1.19mg (7.94%), Manganese: 0.14mg (6.99%), Copper: 0.14mg (6.8%), Magnesium: 21.42mg (5.35%), Fiber: 1.29g (5.17%)