



Breakfast Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



629 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 lb bacon cut into 1-inch pieces
- 3 cups hash browns shredded refrigerated cooked (from 20-oz bag)
- 3 eggs
- 4 oz chilis green drained chopped canned
- 3 oz cheddar cheese shredded
- 1 medium tomatoes chopped

Equipment

- bowl

frying pan

whisk

Directions

- In 10-inch nonstick skillet, cook bacon 5 to 7 minutes over medium heat, stirring occasionally, until crisp. (
- Drain, reserving 2 tablespoons drippings and bacon in pan.)
- Add potatoes; spread evenly in skillet. Cook 8 to 10 minutes, stirring occasionally, until brown.
- In small bowl, beat eggs and chiles with fork or wire whisk.
- Pour egg mixture evenly over potatoes. Reduce heat to low, cover and cook 8 to 10 minutes or until eggs are firm.
- Sprinkle with cheese and tomato; cover and cook 2 to 4 minutes or until cheese is melted.

Nutrition Facts

PROTEIN 14.95% **FAT 64.58%** **CARBS 20.47%**

Properties

Glycemic Index:24, Glycemic Load:8.42, Inflammation Score:-6, Nutrition Score:18.431304195653%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 629.23kcal (31.46%), Fat: 45.24g (69.6%), Saturated Fat: 16.7g (104.35%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 29.2g (10.62%), Sugar: 1g (1.11%), Cholesterol: 200.15mg (66.72%), Sodium: 897.67mg (39.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.56g (47.13%), Selenium: 33.8µg (48.29%), Phosphorus: 369.71mg (36.97%), Vitamin C: 26.82mg (32.51%), Vitamin B3: 6.44mg (32.19%), Vitamin B1: 0.42mg (28.07%), Vitamin B6: 0.49mg (24.63%), Potassium: 784.1mg (22.4%), Vitamin B2: 0.35mg (20.58%), Calcium: 202.09mg (20.21%), Zinc: 2.62mg (17.45%), Iron: 2.96mg (16.47%), Vitamin B5: 1.63mg (16.26%), Vitamin B12: 0.94µg (15.74%), Vitamin A: 714.58IU (14.29%), Manganese: 0.29mg (14.29%), Fiber: 3.06g (12.22%), Copper: 0.24mg (12.03%), Folate: 46.2µg (11.55%), Magnesium: 41.75mg (10.44%), Vitamin D: 1.13µg (7.52%), Vitamin E: 1.04mg (6.92%), Vitamin K: 3.04µg (2.89%)