



Breezy Brunch Skillet

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon diced
- ☐ 6 eggs
- ☐ 0.8 cup bell pepper green chopped
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 6 cups potatoes diced frozen
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded

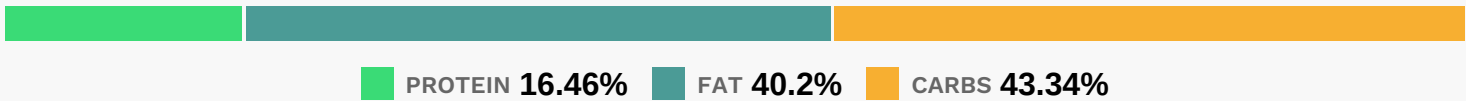
Equipment

☐ frying pan

Directions

- ☐ In a large skillet over medium heat, cook bacon until crisp.
- ☐ Drain and set aside, reserving 2 T. drippings.
- ☐ In the same skillet, add potatoes, green pepper, onion, salt and pepper to drippings. Cook and stir for 2 minutes. Cover and cook for about 15 minutes, stirring occasionally, until potatoes are golden and tender.
- ☐ With a spoon, make 6 wells in potato mixture. Crack one egg into each well, taking care not to break the yolks.
- ☐ Cover and cook on low heat for 8 to 10 minutes, until eggs are completely set.
- ☐ Sprinkle with cheese and bacon.

Nutrition Facts



Properties

Glycemic Index:44.94, Glycemic Load:40.89, Inflammation Score:-7, Nutrition Score:27.749565165976%

Flavonoids

Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg

Nutrients (% of daily need)

Calories: 546.07kcal (27.3%), Fat: 24.53g (37.74%), Saturated Fat: 9.27g (57.96%), Carbohydrates: 59.52g (19.84%), Net Carbohydrates: 51.74g (18.81%), Sugar: 4.27g (4.74%), Cholesterol: 281.42mg (93.81%), Sodium: 1006.49mg (43.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.22%), Vitamin C: 86mg (104.24%), Vitamin B6: 1.23mg (61.3%), Selenium: 31.94µg (45.64%), Potassium: 1573.32mg (44.95%), Phosphorus: 434.03mg (43.4%), Fiber: 7.78g (31.11%), Vitamin B2: 0.5mg (29.7%), Manganese: 0.58mg (29.14%), Vitamin B1: 0.4mg (26.59%), Vitamin B3: 4.86mg (24.31%), Magnesium: 93.17mg (23.29%), Folate: 91µg (22.75%), Vitamin B5: 2.24mg (22.4%), Iron: 3.92mg (21.8%), Copper: 0.43mg (21.73%), Calcium: 184.58mg (18.46%), Zinc: 2.75mg (18.31%), Vitamin B12: 0.9µg

(15.04%), Vitamin A: 620.9IU (12.42%), Vitamin D: 1.54µg (10.24%), Vitamin K: 8.87µg (8.45%), Vitamin E: 1.08mg (7.21%)