



Cheesy Fried Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

Ingredients

- 2 slices bacon
- 2 tablespoons butter
- 2 eggs
- 1 tablespoon onion diced
- 4 potatoes peeled sliced
- 4 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded

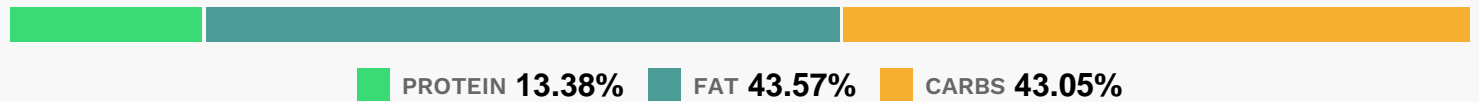
Equipment

frying pan

Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Remove bacon from pan, drain and crumble; leave grease in pan.
- Heat bacon grease over medium heat and stir in butter.
- Add onion and potatoes. Cover pan and cook, stirring occasionally, until potatoes are golden brown.
- Crack eggs on top of potatoes and stir gently to combine.
- Sprinkle with salt, pepper, cheese and bacon. Continue cooking until eggs are firm and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:27.39, Inflammation Score:-6, Nutrition Score:15.254347863405%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 350.16kcal (17.51%), Fat: 17.13g (26.36%), Saturated Fat: 8.52g (53.23%), Carbohydrates: 38.09g (12.7%), Net Carbohydrates: 33.36g (12.13%), Sugar: 1.9g (2.11%), Cholesterol: 118.28mg (39.42%), Sodium: 448.12mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.68%), Vitamin C: 42.15mg (51.09%), Vitamin B6: 0.71mg (35.4%), Potassium: 965.12mg (27.57%), Phosphorus: 247.91mg (24.79%), Selenium: 13.68µg (19.55%), Fiber: 4.73g (18.91%), Manganese: 0.34mg (16.92%), Vitamin B1: 0.22mg (14.34%), Vitamin B2: 0.24mg (14.29%), Magnesium: 57.16mg (14.29%), Calcium: 140.67mg (14.07%), Vitamin B3: 2.72mg (13.59%), Copper: 0.26mg (12.81%), Folate: 48.07µg (12.02%), Iron: 2.12mg (11.79%), Vitamin B5: 1.1mg (10.98%), Zinc: 1.56mg (10.4%), Vitamin A: 443.64IU (8.87%), Vitamin B12: 0.41µg (6.87%), Vitamin K: 4.95µg (4.72%), Vitamin E: 0.57mg (3.79%), Vitamin D: 0.57µg (3.79%)