



Cheesy Hash Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



78 kcal

SIDE DISH

Ingredients

- 6 slices oscar mayer bacon
- 1.5 cups milk cheddar cheese shredded 2% kraft
- 6 eggs
- 4 cups ore-ida hash brown potatoes diced ()
- 1 small onion chopped

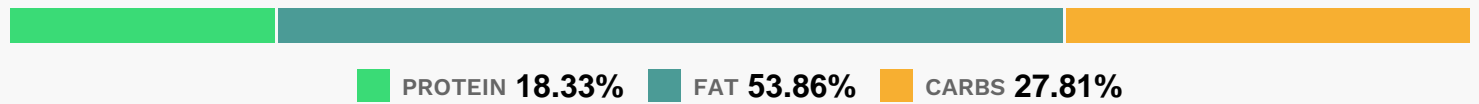
Equipment

- frying pan
- paper towels

Directions

- Cook bacon in large nonstick skillet on medium heat until crisp.
- Remove bacon from skillet, reserving 3 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add onions and potatoes to skillet; cover. Cook on medium-high heat 14 min. or until potatoes are browned, stirring occasionally. Stir in cheese.
- Make 6 small wells in potato mixture; fill with eggs. Top with bacon; cook, covered, 3 to 4 min. or until egg whites are firm and yolks are cooked to desired doneness.
- Remove from heat.
- Let stand, covered, 1 min. before serving.

Nutrition Facts



Properties

Glycemic Index:2.83, Glycemic Load:1.5, Inflammation Score:-1, Nutrition Score:2.7573912934117%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 77.88kcal (3.89%), Fat: 4.68g (7.2%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 5.01g (1.82%), Sugar: 0.15g (0.17%), Cholesterol: 41.29mg (13.76%), Sodium: 84.83mg (3.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Selenium: 5.28µg (7.54%), Phosphorus: 63.47mg (6.35%), Calcium: 48.43mg (4.84%), Vitamin B2: 0.07mg (4.31%), Vitamin B3: 0.66mg (3.28%), Potassium: 108.41mg (3.1%), Vitamin B1: 0.05mg (3.04%), Vitamin C: 2.47mg (2.99%), Zinc: 0.44mg (2.9%), Vitamin B6: 0.06mg (2.89%), Vitamin B5: 0.28mg (2.76%), Vitamin B12: 0.16µg (2.67%), Iron: 0.46mg (2.56%), Manganese: 0.05mg (2.37%), Vitamin A: 105.81IU (2.12%), Copper: 0.04mg (1.93%), Fiber: 0.43g (1.73%), Folate: 6.89µg (1.72%), Magnesium: 6.42mg (1.61%), Vitamin D: 0.23µg (1.52%), Vitamin E: 0.15mg (1.03%)