



Cheesy Potato & Egg Skillet

 Vegetarian  Gluten Free

READY IN



51 min.

SERVINGS



6

CALORIES



271 kcal

SIDE DISH

Ingredients

- 1 lb baking potatoes halved thinly sliced (3)
- 14.5 oz canned tomatoes diced italian-style undrained canned
- 0.5 tsp basil leaves dried
- 8 eggs beaten
- 1 Tbsp olive oil
- 1 onion coarsely chopped
- 1 cup cheddar cheese shredded kraft

Equipment

frying pan

Directions

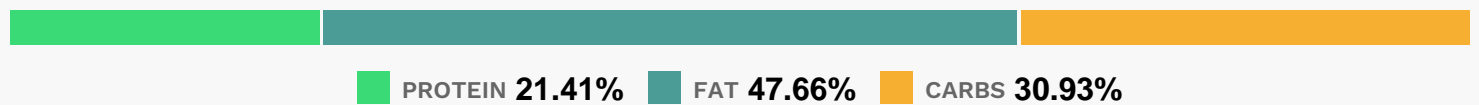
Heat oil in large nonstick skillet on medium heat.

Add potatoes and onions; cover. Cook 16 to 18 min. or until vegetables are tender and golden brown, stirring occasionally. Stir in tomatoes.

Pour eggs over vegetable mixture. (Do not stir.) Cover; cook 12 to 14 min. or until eggs are set.

Top with cheese and basil; cook, covered, 2 to 3 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:29.46, Glycemic Load:12.65, Inflammation Score:-5, Nutrition Score:14.980000039806%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 270.61kcal (13.53%), Fat: 14.59g (22.45%), Saturated Fat: 5.83g (36.45%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 18.67g (6.79%), Sugar: 4.54g (5.05%), Cholesterol: 237.07mg (79.02%), Sodium: 301.56mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.75g (29.5%), Selenium: 24.15µg (34.5%), Phosphorus: 271.56mg (27.16%), Vitamin B6: 0.5mg (24.99%), Vitamin B2: 0.42mg (24.59%), Calcium: 205.98mg (20.6%), Potassium: 641.3mg (18.32%), Iron: 2.75mg (15.3%), Manganese: 0.3mg (14.87%), Vitamin C: 11.97mg (14.51%), Vitamin B5: 1.42mg (14.19%), Folate: 54.86µg (13.72%), Vitamin E: 1.97mg (13.16%), Vitamin A: 654.8IU (13.1%), Copper: 0.26mg (13.06%), Zinc: 1.89mg (12.61%), Vitamin B12: 0.72µg (12.03%), Magnesium: 45.88mg (11.47%), Fiber: 2.64g (10.56%), Vitamin B1: 0.15mg (10.06%), Vitamin K: 9.1µg (8.66%), Vitamin D: 1.29µg (8.58%), Vitamin B3: 1.7mg (8.5%)