



Country Egg Scramble

 Gluten Free

READY IN



37 min.

SERVINGS



4

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pound potatoes – remove skin red cubed (6 to 7)
- ☐ 6 eggs
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons butter
- ☐ 0.3 cup spring onion sliced
- ☐ 6 slices bacon crumbled cooked

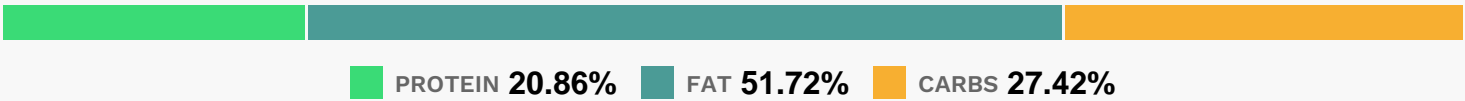
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Heat 1 inch water to boiling in 2-quart saucepan.
- ☐ Add potatoes. Cover and heat to boiling; reduce heat to medium-low. Cover and cook 6 to 8 minutes or until potatoes are tender; drain.
- ☐ Beat eggs, milk, salt and pepper with fork or wire whisk until a uniform yellow color; set aside.
- ☐ Melt butter in 10-inch skillet over medium-high heat. Cook potatoes in butter 3 to 5 minutes, turning potatoes occasionally, until light brown. Stir in onions. Cook 1 minute, stirring constantly.
- ☐ Pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:14.414347876673%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 294.61kcal (14.73%), Fat: 16.95g (26.07%), Saturated Fat: 5.1g (31.85%), Carbohydrates: 20.22g (6.74%), Net Carbohydrates: 18.11g (6.59%), Sugar: 2.83g (3.15%), Cholesterol: 259.84mg (86.61%), Sodium: 535.82mg

(23.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.76%), Selenium: 27.34µg (39.06%), Phosphorus: 270.97mg (27.1%), Vitamin B2: 0.4mg (23.55%), Potassium: 718.47mg (20.53%), Vitamin B6: 0.39mg (19.31%), Vitamin K: 16.59µg (15.8%), Vitamin B5: 1.55mg (15.49%), Vitamin A: 714.76IU (14.3%), Vitamin B12: 0.83µg (13.92%), Folate: 55.51µg (13.88%), Vitamin B1: 0.2mg (13.4%), Vitamin B3: 2.67mg (13.34%), Vitamin C: 10.94mg (13.26%), Iron: 2.2mg (12.2%), Zinc: 1.7mg (11.34%), Copper: 0.22mg (10.92%), Vitamin D: 1.59µg (10.61%), Magnesium: 40.6mg (10.15%), Manganese: 0.2mg (10.01%), Fiber: 2.11g (8.42%), Calcium: 81.6mg (8.16%), Vitamin E: 1.02mg (6.78%)