



Country Morning Skillet

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 eggs
- 0.5 cup pasilla peppers green chopped
- 2 Tbsp oil
- 2 Tbsp onions chopped
- 1.5 lb potatoes cubed cooked (5)
- 1 cup cheddar cheese shredded kraft

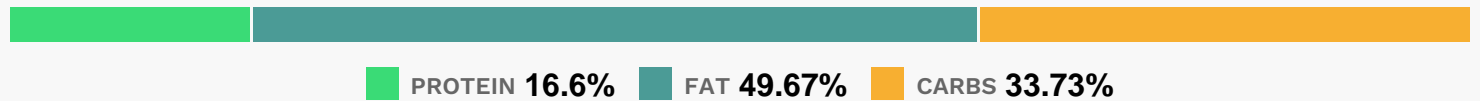
Equipment

- frying pan

Directions

- Heat oil in large nonstick skillet on medium heat.
- Add vegetables; cook 5 min. or until potatoes are lightly browned, stirring occasionally.
- Add eggs, 1 at a time, to skillet, spacing eggs evenly over potatoes; cover. Cook 3 to 4 min. or until egg whites are set and yolks begin to thicken but do not become firm.
- Sprinkle with cheese; cook, covered, 1 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:4.93, Glycemic Load:2.95, Inflammation Score:-1, Nutrition Score:2.3895652060923%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 50.23kcal (2.51%), Fat: 2.8g (4.3%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 3.72g (1.35%), Sugar: 0.3g (0.33%), Cholesterol: 25.59mg (8.53%), Sodium: 34.43mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Vitamin C: 6.51mg (7.9%), Vitamin B6: 0.09mg (4.29%), Phosphorus: 42.48mg (4.25%), Selenium: 2.94µg (4.2%), Calcium: 33.04mg (3.3%), Potassium: 111.8mg (3.19%), Vitamin B2: 0.05mg (3.03%), Fiber: 0.55g (2.21%), Manganese: 0.04mg (2.03%), Folate: 7.55µg (1.89%), Zinc: 0.28mg (1.89%), Magnesium: 7.25mg (1.81%), Vitamin E: 0.26mg (1.77%), Vitamin B5: 0.18mg (1.76%), Iron: 0.3mg (1.64%), Copper: 0.03mg (1.59%), Vitamin A: 79.08IU (1.58%), Vitamin B1: 0.02mg (1.55%), Vitamin B12: 0.09µg (1.54%), Vitamin K: 1.39µg (1.32%), Vitamin B3: 0.26mg (1.29%)