



Down-Home Breakfast Special

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



645 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons bell pepper chopped
- ☐ 6 eggs
- ☐ 20 ounce home fries potatoes diced bob evans®
- ☐ 2 tablespoons milk
- ☐ 3 tablespoons onion chopped
- ☐ 0.5 pound original sausage roll bob evans®

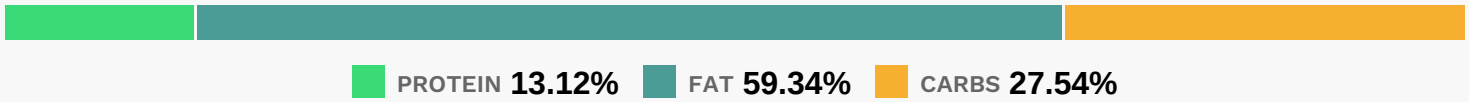
Equipment

- ☐ frying pan

Directions

- ☐ Crumble sausage into frying pan.
- ☐ Add potatoes, pepper and onion. Cook slowly until sausage is browned. Beat eggs and combine with milk.
- ☐ Add to sausage mixture and cook, stirring occasionally to fluff eggs, until eggs have thickened. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:47.33, Glycemic Load:23.77, Inflammation Score:-5, Nutrition Score:17.960869550705%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 644.6kcal (32.23%), Fat: 42.78g (65.81%), Saturated Fat: 13.64g (85.26%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 38.03g (13.83%), Sugar: 1.22g (1.35%), Cholesterol: 287.24mg (95.75%), Sodium: 1152.32mg (50.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.56%), Phosphorus: 327.93mg (32.79%), Selenium: 21.16µg (30.23%), Vitamin B3: 5.98mg (29.89%), Vitamin B6: 0.57mg (28.74%), Fiber: 6.65g (26.61%), Vitamin B2: 0.43mg (25.47%), Potassium: 878.13mg (25.09%), Vitamin C: 18.81mg (22.8%), Vitamin B5: 2.22mg (22.17%), Iron: 3.7mg (20.56%), Vitamin B1: 0.3mg (19.91%), Vitamin B12: 1.11µg (18.5%), Manganese: 0.36mg (18.04%), Zinc: 2.61mg (17.4%), Folate: 67.4µg (16.85%), Vitamin D: 2.14µg (14.26%), Vitamin A: 629.61IU (12.59%), Magnesium: 43.86mg (10.96%), Copper: 0.13mg (6.72%), Calcium: 66.26mg (6.63%), Vitamin E: 0.92mg (6.11%)