



## Easy Skillet Breakfast

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 6 eggs
- 2 cups ore-ida hash brown potatoes diced
- 2 Tbsp milk
- 2 oscar mayer selects uncured hardwood turkey franks smoked cut into 1/2-inch pieces
- 1 tsp heinz mustard yellow
- 2 Tbsp oil
- 0.5 cup sharp cheddar cheese shredded kraft

## Equipment

frying pan

whisk

## Directions

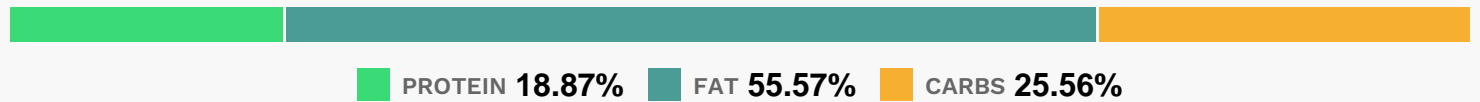
Heat oil in large nonstick skillet on medium-high heat.

Add potatoes and franks; cook 5 min. or until potatoes are browned, stirring occasionally.

Beat eggs, milk and mustard with whisk until well blended; pour over potato mixture. Cover; cook on low heat 8 min. or until center is set.

Top with cheese; cook, covered, 1 to 2 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:21.33, Glycemic Load:3.69, Inflammation Score:-2, Nutrition Score:8.1221739105556%

## Nutrients (% of daily need)

Calories: 208.84kcal (10.44%), Fat: 12.97g (19.96%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 12.41g (4.51%), Sugar: 0.51g (0.57%), Cholesterol: 176.03mg (58.68%), Sodium: 182.53mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Selenium: 16.76µg (23.94%), Phosphorus: 169.1mg (16.91%), Vitamin B2: 0.26mg (15.29%), Calcium: 106.22mg (10.62%), Vitamin B5: 0.96mg (9.61%), Vitamin E: 1.35mg (9.03%), Vitamin B12: 0.52µg (8.64%), Iron: 1.52mg (8.43%), Potassium: 276.22mg (7.89%), Vitamin B6: 0.15mg (7.29%), Zinc: 1.09mg (7.24%), Vitamin C: 5.74mg (6.96%), Vitamin A: 340.65IU (6.81%), Vitamin D: 0.99µg (6.61%), Folate: 25.52µg (6.38%), Vitamin B1: 0.09mg (6.17%), Vitamin B3: 1.21mg (6.06%), Manganese: 0.12mg (5.96%), Copper: 0.1mg (5.24%), Magnesium: 16.52mg (4.13%), Fiber: 1.02g (4.06%), Vitamin K: 3.71µg (3.54%)