



Eggs and Sausage Skillet

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz sausage meat reduced-fat
- ☐ 1.5 cups mushrooms fresh sliced
- ☐ 3 cups potatoes frozen thawed (from 1-lb 12-oz bag)
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 6 eggs
- ☐ 4 oz swiss cheese shredded
- ☐ 1 cup tomatoes chopped

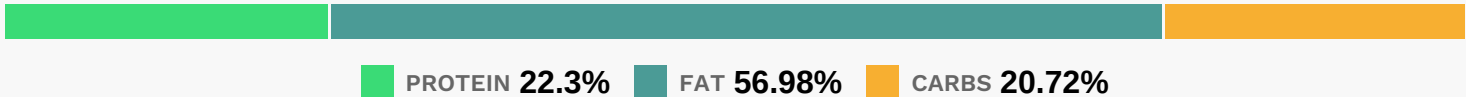
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook sausage over medium-high heat 5 to 7 minutes, stirring frequently, until no longer pink.
- ☐ Stir mushrooms, potatoes, salt and pepper into sausage. Cook over medium heat about 8 minutes, stirring frequently, until potatoes begin to brown. Reduce heat to low.
- ☐ Using back of spoon, make 6 indentations in potato mixture. Break 1 egg into each indentation. Cover and cook 8 to 10 minutes or until egg whites are set and yolks are beginning to thicken.
- ☐ Sprinkle with cheese and tomato. Cover and cook 3 to 4 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:13.93, Inflammation Score:-5, Nutrition Score:18.003043402796%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 400.27kcal (20.01%), Fat: 25.31g (38.94%), Saturated Fat: 9.85g (61.57%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 17.85g (6.49%), Sugar: 2.11g (2.34%), Cholesterol: 222.08mg (74.03%), Sodium: 660.59mg (28.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.58%), Phosphorus: 358.66mg (35.87%), Selenium: 21.75µg (31.07%), Vitamin B6: 0.62mg (30.81%), Vitamin C: 24.99mg (30.29%), Vitamin B2: 0.46mg (27.2%), Vitamin B12: 1.45µg (24.23%), Vitamin B3: 4.83mg (24.16%), Potassium: 792.57mg (22.64%), Calcium: 214.06mg (21.41%), Zinc: 3.1mg (20.64%), Vitamin B1: 0.29mg (19.22%), Vitamin B5: 1.83mg (18.29%), Copper: 0.28mg (14.15%), Iron: 2.44mg (13.53%), Vitamin A: 646.18IU (12.92%), Magnesium: 48.57mg (12.14%), Folate: 47.56µg (11.89%), Fiber: 2.86g (11.43%), Manganese: 0.22mg (11.11%), Vitamin D: 1.67µg (11.1%), Vitamin E: 0.83mg (5.54%), Vitamin K: 4.65µg (4.43%)