



Fried Potatoes and Eggs

 **Gluten Free**

READY IN



20 min.

SERVINGS



2

CALORIES



282 kcal

SIDE DISH

Ingredients

- 6 ounces potatoes – remove skin red scrubbed ((4 small or 2 medium)
- 0.3 cup water cold
- 2 teaspoons olive oil
- 0.3 teaspoon salt
- 1 pinch herbs dried generous
- 3 large eggs
- 1 spring onion thinly sliced ()
- 0.3 cup cheese grated crumbled

- 1 tablespoon flat parsley fresh chopped (such as basil, flat-leaf parsley, cilantro, or dill)

Equipment

- bowl
- frying pan
- spatula
- kitchen timer

Directions

- Dice the potatoes into evenly sized and fairly small (although not super tiny) dice. You want them small enough so they more or less fit in a single layer in an 8-inch nonstick skillet and will cook quickly. Aim for about 1/2-inch dice—no larger.
- Place the potatoes in the skillet and add the water, oil, and salt and crank the heat to medium-high. Cover and bring to a boil. Reduce the heat slightly, cover, and set a timer for 5 minutes.
- Let the potatoes cook, stirring once or twice if you think of it, while you prep the rest of your ingredients. By the end of the 5 minutes, the water should have just evaporated, and the potatoes should be barely tender and maybe even have started to brown a little.
- Uncover the potatoes and use a spatula to loosen them from the skillet. Cover again and cook over medium to medium-high heat, stirring occasionally, until lightly browned, 2 to 5 minutes. If using dried herbs/spices, sprinkle them over the potatoes now.
- In a small bowl, lightly beat the eggs.
- Pour the eggs over the browned potatoes, strew with the scallion, and scramble until the eggs are just set, maybe a minute or so.
- Sprinkle the eggs and potatoes with the cheese and fresh herbs, remove the skillet from the heat, and let the whole shebang rest for a few minutes until the residual heat melts the cheese and finishes cooking the eggs. (If you're in a hurry and don't mind losing a little crispness on the potatoes, you can cover the skillet so the cheese melts more quickly and evenly.)
- Scoop the mess of fried potatoes and eggs from the skillet and onto plates. Pass the forks.

Nutrition Facts



■ PROTEIN 22.14% ■ FAT 56.39% ■ CARBS 21.47%

Properties

Glycemic Index:45.5, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:15.85913061059%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 281.9kcal (14.1%), Fat: 17.69g (27.21%), Saturated Fat: 6.55g (40.95%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 13.45g (4.89%), Sugar: 1.6g (1.77%), Cholesterol: 297.83mg (99.28%), Sodium: 539.36mg (23.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.25%), Vitamin K: 52.49µg (49.99%), Selenium: 28.82µg (41.18%), Phosphorus: 290.22mg (29.02%), Vitamin B2: 0.46mg (27.02%), Calcium: 193.73mg (19.37%), Vitamin A: 831.76IU (16.64%), Folate: 61.67µg (15.42%), Potassium: 533.53mg (15.24%), Vitamin B5: 1.48mg (14.77%), Vitamin B6: 0.29mg (14.55%), Vitamin B12: 0.87µg (14.45%), Vitamin C: 11.15mg (13.52%), Zinc: 1.99mg (13.29%), Iron: 2.32mg (12.92%), Vitamin D: 1.61µg (10.75%), Vitamin E: 1.57mg (10.46%), Copper: 0.19mg (9.4%), Magnesium: 35.52mg (8.88%), Manganese: 0.16mg (8.21%), Vitamin B1: 0.11mg (7.33%), Fiber: 1.7g (6.82%), Vitamin B3: 1.11mg (5.53%)