



## German Farmer's Breakfast



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



491 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 3 large potatoes quartered
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 cups green and white onions roughly chopped (include the greens from the green onions)
- ☐ 2 cups bell peppers roughly chopped
- ☐ 4 servings salt to taste
- ☐ 1 cups ham chopped
- ☐ 0.3 cup parsley chopped
- ☐ 4 eggs

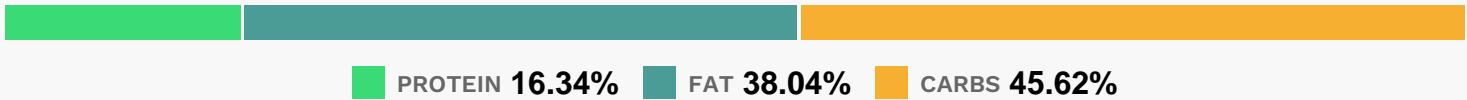
# Equipment

- ☐ frying pan
- ☐ sauce pan

# Directions

- ☐ Boil the potatoes in a saucepan of lightly salted water for 10–15 minutes until just cooked (test for doneness).
- ☐ Drain, rinse with cold water to cool.
- ☐ Cut into 1-inch squares. Set aside.
- ☐ Brown the onions and bell peppers:
- ☐ Heat 2 Tbsp bacon fat (or olive oil) in a large skillet on medium high heat.
- ☐ Add the onions and chopped bell peppers. Increase the heat to high. Brown the onions and bell peppers, stirring frequently, about 2–3 minutes.
- ☐ Add the potatoes and then the ham: Push the vegetables to the side of the pan, add the potatoes and another Tbsp of bacon fat (or olive oil) to the pan.
- ☐ Brown the potatoes for about 2 minutes, stirring frequently.
- ☐ Sprinkle on salt to taste as you cook.
- ☐ Add the ham to the potatoes and cook, stirring frequently until the ham is heated through, 1–2 minutes.
- ☐ Mix all of the vegetables, potato and ham together and mix in the parsley.
- ☐ Add the eggs, stirring to distribute the eggs among the vegetables and ham.
- ☐ As soon as eggs begin to firm up, remove from heat.
- ☐ Serve immediately. Great with ketchup on top.

# Nutrition Facts



# Properties

Glycemic Index:44.94, Glycemic Load:37.12, Inflammation Score:-10, Nutrition Score:34.709565245587%

## Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

## Nutrients (% of daily need)

Calories: 490.61kcal (24.53%), Fat: 21.15g (32.54%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 57.06g (19.02%), Net Carbohydrates: 47.99g (17.45%), Sugar: 6.65g (7.39%), Cholesterol: 185.38mg (61.79%), Sodium: 701.61mg (30.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.9%), Vitamin C: 164.27mg (199.11%), Vitamin K: 180.36µg (171.77%), Vitamin A: 3390.13IU (67.8%), Vitamin B6: 1.27mg (63.74%), Potassium: 1642.05mg (46.92%), Fiber: 9.08g (36.31%), Phosphorus: 359.81mg (35.98%), Vitamin B1: 0.52mg (34.69%), Folate: 137.98µg (34.5%), Selenium: 22.66µg (32.37%), Manganese: 0.61mg (30.53%), Vitamin B2: 0.47mg (27.88%), Vitamin B3: 5.55mg (27.76%), Iron: 4.59mg (25.48%), Magnesium: 96.4mg (24.1%), Vitamin E: 3.61mg (24.05%), Copper: 0.42mg (20.98%), Vitamin B5: 1.94mg (19.42%), Zinc: 2.6mg (17.36%), Calcium: 106.92mg (10.69%), Vitamin B12: 0.62µg (10.26%), Vitamin D: 1.13µg (7.5%)