



Hangtown Fry

 Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



275 kcal

SIDE DISH

Ingredients

- 2 servings bacon
- 2 servings ground pepper
- 2 servings cilantro leaves
- 2 servings cornmeal
- 2 servings cumin
- 2 servings eggs
- 2 servings flour
- 2 servings garlic powder

- 2 servings cooking oil for frying
- 2 servings onion powder
- 2 servings salt
- 2 servings spring onion sliced
- 2 servings dozens oysters small to medium

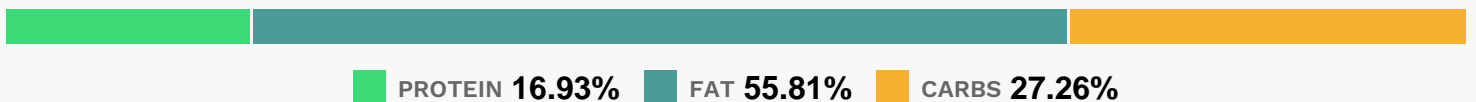
Equipment

- frying pan
- paper towels

Directions

- Quickly dredge oysters in cornmeal mix and fry in 350* degree oil for about 2 minutes. Set aside on paper towel-lined plate. Into a small non-stick skillet, add half of the bacon and cook until rendered and crispy. Do not drain fat from pan.
- Add half of the scallions to bacon in pan and saute very briefly, approximately 5 seconds.
- Add half of the fried oysters and toss together to combine.
- Add half of the beaten eggs and scramble* together to desired doneness. Repeat with remaining ingredients.*At the restaurant we scramble lightly on one side, let it set, then flip the whole thing over, then let the other side set and let the "frittata" cook through for a nicer presentation. Traditionally though the Hangtown Fry was a scramble.[More brunch recipes on Food Republic:](#)[Peanut Butter And Banana Pancakes Recipe](#)
- [Potato Chip Omelet Recipe](#)
- [Spinach, Soft Egg and Parmesan Pizzetta Recipe](#)

Nutrition Facts



Properties

Glycemic Index:124.75, Glycemic Load:8.88, Inflammation Score:-7, Nutrition Score:14.135217251985%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 274.84kcal (13.74%), Fat: 17.14g (26.36%), Saturated Fat: 4.76g (29.73%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 16.46g (5.99%), Sugar: 0.9g (1%), Cholesterol: 181.6mg (60.53%), Sodium: 415.5mg (18.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.7g (23.39%), Selenium: 23.87µg (34.1%), Zinc: 4.78mg (31.88%), Vitamin A: 1160.95IU (23.22%), Vitamin B12: 1.25µg (20.76%), Phosphorus: 186.4mg (18.64%), Copper: 0.36mg (18.12%), Vitamin B2: 0.3mg (17.91%), Iron: 3.02mg (16.77%), Vitamin K: 16.7µg (15.9%), Vitamin B6: 0.31mg (15.61%), Manganese: 0.28mg (14.07%), Vitamin B1: 0.2mg (13.5%), Vitamin E: 1.85mg (12.32%), Folate: 46.57µg (11.64%), Vitamin B3: 1.97mg (9.83%), Fiber: 2.37g (9.49%), Vitamin B5: 0.94mg (9.43%), Magnesium: 33.17mg (8.29%), Potassium: 278.69mg (7.96%), Vitamin D: 0.97µg (6.45%), Calcium: 55.47mg (5.55%), Vitamin C: 3.03mg (3.67%)