



Hearty Sausage Skillet

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb bulk pork sausage
- 6 eggs
- 2 cups ore-ida hash brown potatoes shredded
- 10 oz ro*tel tomatoes & chilies diced green drained canned
- 2 Tbsp water
- 8 oz velveeta cut into 1/2-inch cubes
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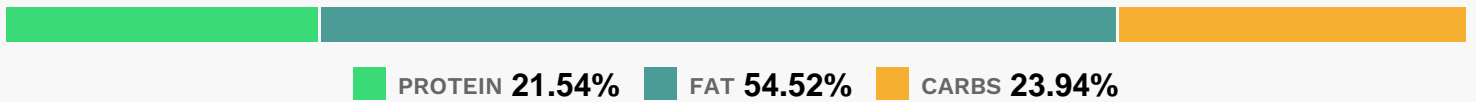
Equipment

- frying pan
- oven
- whisk

Directions

- Heat oven to 375F.
- Brown sausage in large ovenproof skillet sprayed with cooking spray on medium heat; drain. Return sausage to skillet.
- Add potatoes and tomatoes; stir. Cook 5 min.; stir. Top with VELVEETA.
- Whisk eggs and water until well blended; pour over ingredients in skillet.
- Bake 20 to 25 min. or until egg mixture is set in center and VELVEETA is melted.
- Let stand 5 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:2.16, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:1.4130434730779%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 32.5kcal (1.62%), Fat: 1.97g (3.02%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.19g (0.21%), Cholesterol: 25.45mg (8.48%), Sodium: 42.79mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.49%), Selenium: 1.83µg (2.61%), Phosphorus: 24.32mg (2.43%), Vitamin B3: 0.43mg (2.17%), Vitamin B2: 0.04mg (2.09%), Vitamin C: 1.66mg (2.02%), Vitamin B6: 0.04mg (1.93%), Vitamin B1: 0.03mg (1.84%), Potassium: 62.13mg (1.78%), Vitamin A: 87.94IU (1.76%), Vitamin B5: 0.16mg (1.6%), Vitamin B12: 0.1µg (1.58%), Iron: 0.27mg (1.48%), Zinc: 0.22mg (1.44%), Vitamin D: 0.18µg (1.22%), Manganese: 0.02mg (1.14%), Folate: 4.13µg (1.03%), Copper: 0.02mg (1.03%)