



Jay's Hearty Breakfast Skillet

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



962 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups processed cheese food shredded
- 0.5 pound bacon
- 8 eggs
- 1 bell pepper green sliced
- 2 cups mushrooms sliced
- 1 onion sliced
- 2 pounds potatoes cubed
- 1 bell pepper red sliced

4 servings salt and pepper to taste

Equipment

frying pan

pot

Directions

Bring a large pot of water to a boil.

Add potatoes, and cook until tender but still firm, 12 to 15 minutes; drain.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.

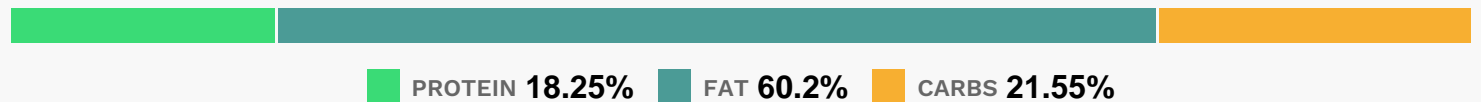
Cut into small chunks; set aside.

Place potatoes into skillet, and cook on medium heat until browned. Flip potatoes occasionally to prevent sticking. Stir in green pepper, red pepper, onion, and mushrooms. Cook until vegetables are tender. Stir in cooked bacon, and season with salt and pepper. Cover with shredded cheese, and turn mixture until cheese is melted. Keep on low heat while cooking eggs.

Cook eggs to your preferred style.

Place potatoes in a large serving dish, and top with eggs (2 per serving).

Nutrition Facts



Properties

Glycemic Index:52.94, Glycemic Load:31.43, Inflammation Score:-9, Nutrition Score:43.879130695177%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg

Nutrients (% of daily need)

Calories: 961.7kcal (48.09%), Fat: 64.79g (99.67%), Saturated Fat: 29.38g (183.64%), Carbohydrates: 52.17g (17.39%), Net Carbohydrates: 45.11g (16.4%), Sugar: 8.55g (9.5%), Cholesterol: 469.78mg (156.59%), Sodium: 2467.84mg (107.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.2g (88.39%), Vitamin C: 109.72mg (132.99%), Calcium: 1189.52mg (118.95%), Phosphorus: 1121.15mg (112.12%), Selenium: 64.93µg (92.76%), Vitamin B6: 1.26mg (63.12%), Vitamin B2: 1mg (58.84%), Vitamin A: 2535.06IU (50.7%), Potassium: 1634.78mg (46.71%), Vitamin B12: 2.66µg (44.35%), Zinc: 5.49mg (36.58%), Vitamin B5: 3.63mg (36.34%), Vitamin B3: 7.02mg (35.08%), Vitamin B1: 0.47mg (31.56%), Folate: 116.09µg (29.02%), Copper: 0.57mg (28.43%), Fiber: 7.07g (28.27%), Magnesium: 110.45mg (27.61%), Manganese: 0.55mg (27.45%), Iron: 4.73mg (26.29%), Vitamin D: 2.71µg (18.09%), Vitamin E: 2.62mg (17.47%), Vitamin K: 11.07µg (10.55%)