



Jumbutt Skillet Scramble



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



536 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 eggs beaten
- ☐ 2 bell peppers green sliced
- ☐ 8 ounce sausage sweet italian casings removed
- ☐ 1 tablespoon olive oil
- ☐ 2 bell peppers red sliced
- ☐ 3 large russet potatoes peeled sliced

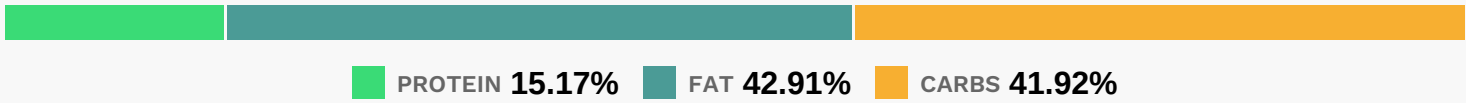
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium heat, and cook and stir the sausage until browned and crumbly, about 5 minutes.
- ☐ Remove from skillet, drain off the excess fat, and set aside.
- ☐ Place the potatoes, green peppers, and red peppers into the skillet, and cook, stirring occasionally, until the potatoes are browned and the peppers are softened, about 15 minutes. Return the sausage to the skillet, and pour the eggs over the top. Cook and stir 3 to 5 minutes until the eggs are set, and serve.

Nutrition Facts



Properties

Glycemic Index:38.69, Glycemic Load:40.36, Inflammation Score:-9, Nutrition Score:29.595652248548%

Flavonoids

Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 536.04kcal (26.8%), Fat: 25.95g (39.92%), Saturated Fat: 8.39g (52.45%), Carbohydrates: 57.04g (19.01%), Net Carbohydrates: 51.18g (18.61%), Sugar: 5.81g (6.45%), Cholesterol: 206.77mg (68.92%), Sodium: 495.02mg (21.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.29%), Vitamin C: 140.91mg (170.8%), Vitamin B6: 1.51mg (75.31%), Vitamin A: 2323.46IU (46.47%), Potassium: 1587.92mg (45.37%), Vitamin B1: 0.63mg (42.18%), Selenium: 28.74µg (41.05%), Phosphorus: 347.22mg (34.72%), Manganese: 0.62mg (30.95%), Vitamin B3: 5.61mg (28.04%), Vitamin B2: 0.45mg (26.76%), Folate: 97.28µg (24.32%), Iron: 4.3mg (23.87%), Fiber: 5.86g (23.44%), Magnesium: 89.96mg (22.49%), Copper: 0.41mg (20.57%), Vitamin B5: 2.04mg (20.44%), Zinc: 2.61mg (17.41%), Vitamin B12: 0.91µg (15.13%), Vitamin E: 2.15mg (14.36%), Vitamin K: 14.54µg (13.85%), Calcium: 80.97mg (8.1%), Vitamin D: 0.88µg (5.87%)