



Potato, Bacon and Egg Scramble

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



283 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 5 slices bacon
- 2 tablespoons butter
- 6 eggs
- 0.3 cup spring onion sliced
- 0.3 cup milk
- 0.1 teaspoon pepper
- 1 lb potatoes - remove skin red cubed (6 or 7)
- 0.3 teaspoon salt

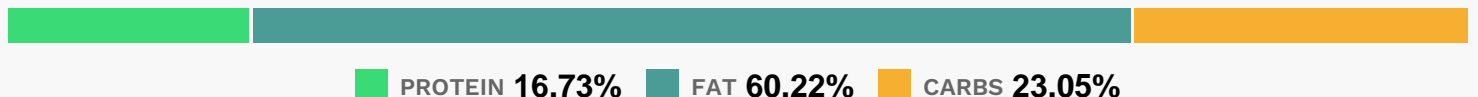
Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- spatula

Directions

- In 10-inch skillet, cook bacon over medium heat 8 to 10 minutes, turning occasionally, until crisp and brown.
- Remove from skillet; drain on paper towels. Crumble bacon.
- Meanwhile, in 2-quart saucepan, heat 1 inch water to boiling.
- Add potatoes. Cover; heat to boiling. Reduce heat to medium-low. Cook covered 6 to 8 minutes or until potatoes are tender; drain. In medium bowl, beat eggs, milk, salt and pepper with fork or wire whisk until well mixed; set aside.
- In 10-inch skillet, melt butter over medium-high heat. Cook potatoes in butter 3 to 5 minutes, turning potatoes occasionally, until light brown. Stir in onions. Cook 1 minute, stirring constantly.
- Pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with metal spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist.
- Sprinkle with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:11.502173983532%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 282.5kcal (14.12%), Fat: 18.92g (29.11%), Saturated Fat: 5.85g (36.56%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 14.61g (5.31%), Sugar: 2.26g (2.52%), Cholesterol: 212.89mg (70.96%), Sodium: 413.02mg (17.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.65%), Selenium: 21.43µg (30.61%), Phosphorus: 211.21mg (21.12%), Vitamin B2: 0.32mg (18.58%), Potassium: 570.43mg (16.3%), Vitamin B6: 0.32mg (15.81%), Vitamin K: 13.27µg (12.64%), Vitamin B5: 1.25mg (12.54%), Vitamin A: 576.4IU (11.53%), Vitamin B12: 0.67µg (11.22%), Vitamin B1: 0.17mg (11.19%), Folate: 44.41µg (11.1%), Vitamin C: 8.75mg (10.61%), Vitamin B3: 2.01mg (10.06%), Iron: 1.76mg (9.76%), Zinc: 1.33mg (8.85%), Vitamin D: 1.32µg (8.82%), Copper: 0.17mg (8.69%), Magnesium: 32.14mg (8.04%), Manganese: 0.16mg (8.02%), Fiber: 1.68g (6.74%), Calcium: 65.32mg (6.53%), Vitamin E: 0.87mg (5.79%)