



Roasted Potato Egg Scramble

 Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



367 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 eggs
- 0.3 cup milk
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 2 tablespoons butter
- 11.8 oz roasted chicken frozen
- 5 slices bacon crumbled cooked
- 4 oz cheddar cheese shredded

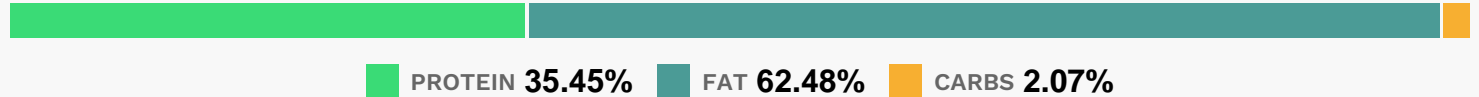
Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- In medium bowl, beat eggs, milk, salt and pepper with fork or whisk until well mixed; set aside.
- In 10-inch nonstick skillet, melt butter over medium-high heat.
- Add frozen potatoes; cook 2 to 4 minutes, turning occasionally, until lightly browned.
- Pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until eggs are thickened throughout but still moist; stir in bacon. Reduce heat to low; sprinkle with cheese. Cover; cook 1 to 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:14.725652137042%

Nutrients (% of daily need)

Calories: 367.25kcal (18.36%), Fat: 25.04g (38.52%), Saturated Fat: 11.36g (71%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.85g (0.67%), Sugar: 1.06g (1.17%), Cholesterol: 291.19mg (97.06%), Sodium: 566.35mg (24.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.97g (63.94%), Selenium: 43.51µg (62.16%), Phosphorus: 385.77mg (38.58%), Vitamin B3: 6.18mg (30.92%), Vitamin B2: 0.48mg (28.39%), Calcium: 220.47mg (22.05%), Vitamin B6: 0.43mg (21.64%), Zinc: 2.85mg (18.99%), Vitamin B12: 1.09µg (18.15%), Vitamin B5: 1.71mg (17.1%), Vitamin A: 709.33IU (14.19%), Iron: 1.85mg (10.29%), Vitamin D: 1.4µg (9.35%), Potassium: 309.89mg (8.85%), Folate: 33.1µg (8.28%), Vitamin B1: 0.12mg (8.23%), Magnesium: 31.14mg (7.79%), Vitamin E: 0.9mg (5.98%), Copper: 0.09mg (4.65%), Manganese: 0.04mg (1.88%), Vitamin K: 1.23µg (1.17%)