



Sausage Scramble

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 eggs
- ☐ 20 ounce home fries potatoes diced bob evans®
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.5 cup milk

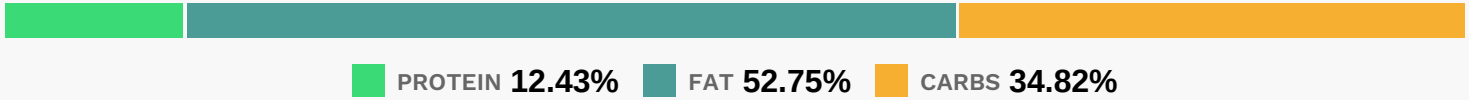
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In large skillet over medium heat, crumble and cook sausage, potatoes and green peppers until sausage and potatoes are brown.
- ☐ In small bowl, combine eggs and milk until well mixed.
- ☐ Pour over sausage and potato mixture, stirring gently until eggs are cooked.

Nutrition Facts



Properties

Glycemic Index:18.72, Glycemic Load:15.98, Inflammation Score:-3, Nutrition Score:11.253478249778%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 343.44kcal (17.17%), Fat: 20.37g (31.34%), Saturated Fat: 6.51g (40.71%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 25.85g (9.4%), Sugar: 1.39g (1.55%), Cholesterol: 220.68mg (73.56%), Sodium: 554.32mg (24.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.61%), Selenium: 18.87µg (26.96%), Phosphorus: 211.12mg (21.11%), Vitamin B2: 0.33mg (19.28%), Fiber: 4.39g (17.57%), Vitamin C: 12.61mg (15.28%), Potassium: 532.29mg (15.21%), Vitamin B6: 0.3mg (15.04%), Vitamin B5: 1.49mg (14.94%), Iron: 2.3mg (12.79%), Folate: 49.19µg (12.3%), Manganese: 0.24mg (12.09%), Vitamin B3: 2.22mg (11.11%), Vitamin B12: 0.63µg (10.53%), Vitamin D: 1.4µg (9.31%), Zinc: 1.16mg (7.75%), Vitamin A: 380.37IU (7.61%), Vitamin B1: 0.11mg (7.3%), Magnesium: 27.32mg (6.83%), Calcium: 67.2mg (6.72%), Vitamin E: 0.66mg (4.38%), Copper: 0.08mg (3.91%)