

# Southern Breakfast Skillet

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



524 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 pound bacon diced sliced
- 4 eggs beaten
- 15 ounces hominy drained canned
- 0.3 cup onion chopped
- 0.1 teaspoon pepper

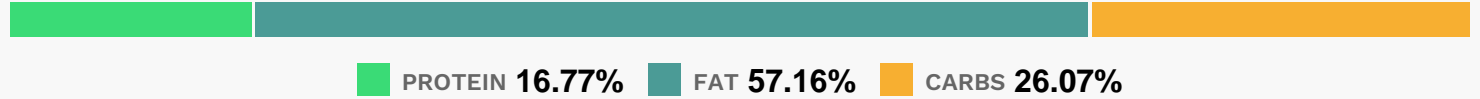
## Equipment

- frying pan

## Directions

- In a skillet, cook bacon until almost crisp; drain.
- Add onion; continue cooking until bacon is crisp and onion is tender. Stir in hominy, eggs and pepper. Cook and stir until the eggs are completely set.

## Nutrition Facts



## Properties

Glycemic Index:29.5, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:16.005217394103%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 523.68kcal (26.18%), Fat: 32.77g (50.41%), Saturated Fat: 10.56g (66.03%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 27.94g (10.16%), Sugar: 5.04g (5.6%), Cholesterol: 364.78mg (121.59%), Sodium: 1234.68mg (53.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.25%), Selenium: 44.9µg (64.14%), Phosphorus: 336.3mg (33.63%), Vitamin B2: 0.47mg (27.44%), Zinc: 4.07mg (27.15%), Fiber: 5.69g (22.75%), Vitamin B5: 2.02mg (20.18%), Vitamin B12: 1.07µg (17.78%), Iron: 3.14mg (17.47%), Vitamin B6: 0.34mg (16.77%), Vitamin B1: 0.21mg (13.83%), Magnesium: 53.6mg (13.4%), Vitamin D: 1.99µg (13.25%), Vitamin B3: 2.44mg (12.21%), Folate: 47.31µg (11.83%), Manganese: 0.22mg (11.07%), Vitamin A: 499.39IU (9.99%), Vitamin E: 1.28mg (8.53%), Potassium: 283.7mg (8.11%), Copper: 0.16mg (8.02%), Calcium: 78.53mg (7.85%), Vitamin C: 1.48mg (1.79%)