

What She Ate

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health-score 81%

HEALTH SCORE

The Eggbert's Sunriser

Gluten Free Very Healthy

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

3213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings canola oil for frying
- ☐ 1.5 cups ham diced
- ☐ 8 large eggs
- ☐ 20 steak fries whole frozen mini
- ☐ 1 bell pepper diced green
- ☐ 8 cups hash browns diced shredded frozen one 32-ounce package
- ☐ 1 jalapeno diced seeded
- ☐ 4 servings kosher salt and pepper freshly ground

- ☐ 1 medium onion diced
- ☐ 4 servings pico de gallo for serving
- ☐ 0.5 bell pepper diced red
- ☐ 1.5 cups sharp cheddar cheese grated
- ☐ 4 tablespoons butter unsalted

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ oven mitt

Directions

- ☐ Preheat the oven to 300 degrees F. Fry the hash browns and potato wedges in canola oil in separate skillet according to the package directions until golden brown and crisp. Season with salt and pepper. (You can also bake the potatoes in the oven, if you prefer.)
- ☐ Drain on paper towels and keep warm.
- ☐ Heat 2 tablespoons butter in a large skillet over medium heat. Throw in the veggies and ham; toss around for several minutes, until the onions are just softened. Turn off the heat and allow to stay in the pan.
- ☐ In 4 individual ovenproof skillet (or one very large one), layer the hash browns, veggie-ham mixture and grated cheese.
- ☐ Place in the oven for a minute or two, until the cheese is melted.
- ☐ Remove from the oven with an oven mitt, as the skillet will be hot.
- ☐ Melt the remaining 2 tablespoons butter in a nonstick skillet and fry the eggs to the specifications of your guests.
- ☐ Place 5 potato wedges over the top of the melted cheese, then top with 2 eggs per skillet. Spoon salsa or pico de gallo over the top and serve immediately.
- ☐ Photograph by Coral Von Zumwalt

Nutrition Facts



 **PROTEIN 33.1%**  **FAT 56.38%**  **CARBS 10.52%**

Properties

Glycemic Index:39.75, Glycemic Load:22.41, Inflammation Score:-10, Nutrition Score:66.803912618886%

Flavonoids

Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 3212.76kcal (160.64%), Fat: 202.12g (310.95%), Saturated Fat: 90.47g (565.41%), Carbohydrates: 84.83g (28.28%), Net Carbohydrates: 77.57g (28.21%), Sugar: 5.8g (6.45%), Cholesterol: 1156.68mg (385.56%), Sodium: 1995.13mg (86.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 266.97g (533.94%), Selenium: 319.98µg (457.11%), Zinc: 61.84mg (412.25%), Vitamin B12: 20.12µg (335.35%), Vitamin B3: 62.78mg (313.91%), Vitamin B6: 5.23mg (261.57%), Phosphorus: 2238.74mg (223.87%), Vitamin B2: 3.44mg (202.29%), Iron: 25.88mg (143.78%), Potassium: 4531.71mg (129.48%), Vitamin C: 84.72mg (102.7%), Vitamin B1: 1.49mg (99.59%), Magnesium: 315.26mg (78.82%), Copper: 1.42mg (71%), Calcium: 490.93mg (49.09%), Vitamin A: 2191.95IU (43.84%), Manganese: 0.74mg (36.92%), Vitamin B5: 3.2mg (32.01%), Folate: 123.01µg (30.75%), Fiber: 7.26g (29.05%), Vitamin D: 3.59µg (23.96%), Vitamin K: 24.93µg (23.74%), Vitamin E: 2.66mg (17.72%)