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Sunshine Skillet ♦

The Sunshine Skillet is a delicious and hearty breakfast dish that is perfect for starting your day off right. It is made with a combination of eggs, bacon, potatoes, and cheese, all cooked together in a skillet. This dish is a classic favorite and is sure to brighten up your morning.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

4 pieces	Eggs
6 strips	bacon
2 c	potatoes
1 c	Cheddar Cheese

1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Frying

Cook the bacon in a skillet over medium heat until crispy. Remove from skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Frying

In the same skillet, add the potatoes and cook until golden brown and crispy.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

In a bowl, beat the eggs and season with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Stirring

Pour the beaten eggs over the cooked potatoes and stir gently to combine.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Crumble the cooked bacon and sprinkle it over the egg and potato mixture.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Covering

Sprinkle the cheddar cheese over the top and cover the skillet with a lid. Cook for 5 minutes or until the cheese is melted and the eggs are cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Serving

Serve the Sunshine Skillet hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 18 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	18 g	105.88%	105.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	3 g	7.89%	12%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	250 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas

Meal Type

Breakfast Lunch Snack

Kitchen Tools

Grill Slow Cooker Pressure Cooker

Course

Appetizers Main Dishes Side Dishes Desserts Salads Snacks

Cultural

Chinese New Year

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

Difficulty Level

Easy

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