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Cowboy Breakfast Skillet ♦♦

The Cowboy Breakfast Skillet is a hearty and delicious breakfast dish that originated in the American West. It is typically made with a combination of eggs, potatoes, bacon, onions, and peppers, all cooked together in a cast iron skillet. This dish is perfect for a weekend brunch or a camping trip, as it can be easily prepared over an open fire. The Cowboy Breakfast Skillet is a filling and satisfying meal that will keep you energized throughout the day.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

8 units	Eggs
500 g	potatoes
200 g	bacon

100 g	onion
100 g	bell pepper
1 tsp	salt
1 tsp	black pepper
200 g	cheddar cheese

Directions

Step 1

Cutting

Peel and dice the potatoes. Rinse them under cold water to remove excess starch.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Frying

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

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Frying

Add the diced potatoes to the skillet with the bacon grease. Season with salt and black pepper. Cook until the potatoes are golden brown and crispy, stirring occasionally.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Frying

Add the diced onion and bell pepper to the skillet. Cook until the vegetables are tender.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Crumble the cooked bacon and sprinkle it over the potato mixture. Stir to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Stirring

In a separate bowl, whisk the eggs until well beaten. Pour the beaten eggs over the potato mixture in the skillet.

Prep Time: 2 mins

Cook Time: 5 mins

Step 7

Cooking

Cook the skillet over medium heat until the eggs are set, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Cooking

Sprinkle the shredded cheddar cheese over the top of the skillet. Cover the skillet and cook until the cheese is melted.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Resting

Remove the skillet from the heat and let it rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Serving

Serve the Cowboy Breakfast Skillet hot with toast or tortillas.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 380 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
Cholesterol	360 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	450 mg	13.24%	17.31%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Thanksgiving

Barbecue

Picnic

Game Day

Cuisines

American

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Main Dishes

Side Dishes

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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