

Sweet Potato & Brussels Sprouts Breakfast Hash

Prep Time = 15 min	Cook Time = 30 min	Total Time = 45 min	Servings = 1
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Ingredients:

2 large whole eggs from free range chickens
2 slices of nitrate free bacon (turkey or pork) cut into small pieces
1 sweet potato cut into small cubes
½ pound of Brussels sprouts sliced and trimmed
½ small onion diced
½ clove garlic chopped
Sea salt and fresh ground pepper

Directions:

1. Place the strips of bacon in a skillet over medium heat to cook.
2. Once bacon is finished cooking, remove from skillet and set aside for later addition to mixture.
3. Add the cubes of sweet potato and diced onion to the skillet and saute for approximately 5 minutes or until tender. Do not mix.
4. Add the chopped garlic to the skillet and saute for approximately 1 minute. Do not mix.
5. Add the Brussels sprouts to the skillet and saute for approximately 5 minutes until tender. Do not mix.
6. Allow the Brussels sprouts to saute on top of the mixture for approximately 5 more minutes or until you see the bottoms caramelize.
7. Cut strips of bacon into small pieces.
8. Add bacon to the skillet and mix everything together well.
9. Add sea salt and fresh ground pepper to taste.
10. Make 2 open areas within the hash mixture for cooking the eggs.
11. Add the eggs and cook to your preference (sunny side up, over easy, over medium, over hard). Runny eggs really make this hash wonderful to I recommend sunny side up or over easy.
12. Time to sit down and enjoy this amazing breakfast. This is one of my favorite all-time breakfast meals! Very, very nutritious and healthy.

Nutrition Facts

Serving Size 500 g

Amount Per Serving

Calories 496 Calories from Fat 194

% Daily Value*

Total Fat 22g 33%

Saturated Fat 6g 32%

Trans Fat 0g

Cholesterol 438mg 146%

Sodium 784mg 33%

Total Carbohydrate 52g 17%

Dietary Fiber 14g 54%

Sugars 13g

Protein 29g

Vitamin A 416% • Vitamin C 328%

Calcium 21% • Iron 37%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	20813 IU	416%
Vitamin C	197 mg	328%
Vitamin D	~34.0 IU	~9%
Vitamin E (Alpha Tocopherol)	3.5 mg	18%
Vitamin K	407 mcg	509%
Thiamin	0.6 mg	38%
Riboflavin	0.8 mg	48%
Niacin	4.3 mg	22%
Vitamin B6	1.0 mg	51%
Folate	205 mcg	51%
Vitamin B12	1.5 mcg	25%
Pantothenic Acid	~3.4 mg	~34%
Choline	332 mg	
Betaine	~3.2 mg	

Minerals

Amounts Per Selected Serving		%DV
Calcium	209 mg	21%
Iron	6.7 mg	37%
Magnesium	109 mg	27%
Phosphorus	508 mg	51%
Potassium	1617 mg	46%
Sodium	784 mg	33%
Zinc	3.1 mg	21%
Copper	0.5 mg	26%
Manganese	1.3 mg	66%
Selenium	46.2 mcg	66%
Fluoride	~10.9 mcg	

Calorie Information

Amounts Per Selected Serving		%DV
Calories	496 (2077 kJ)	25%
From Carbohydrate	201 (842 kJ)	
From Fat	194 (812 kJ)	
From Protein	101 (423 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	28.8 g	58%

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	52.3 g	17%
Dietary Fiber	13.6 g	54%
Starch	~16.4 g	
Sugars	12.6 g	
Sucrose	~4763 mg	
Glucose	~3964 mg	
Fructose	~3555 mg	
Lactose	~110 mg	
Maltose	~110 mg	
Galactose	~110 mg	

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	21.6 g	33%
Saturated Fat	6.3 g	32%
Monounsaturated Fat	8.9 g	
Polyunsaturated Fat	3.6 g	
Total trans fatty acids	~0.0 g	
Total trans-monoenoic fatty acids	~0.0 g	
Total trans-polyenoic fatty acids	~0.0 g	
Total Omega-3 fatty acids	412 mg	
Total Omega-6 fatty acids	2331 mg	

Your Notes: