



Bacon, Egg & Sweet Potato Scrambler

Servings

8

Calories

140

Prep Time

4 minutes

Total Time

10 minutes

Skill Level

Easy

Ingredients

1 (16 ounces) package Mann's Sweet Potato Cubes

8 slices bacon, cooked and crumbled

8 eggs, lightly beaten

salt & pepper to taste



The Method

Pierce the bag of Mann's Sweet Potato Cubes with a knife and place in a microwave oven on high for 3 ½ minutes or until Sweet Potato Cubes are tender.

Spray large skillet with cooking spray and over medium high heat sauté cubes, bacon and eggs and cook until eggs are well set. Add salt and pepper to taste. May garnish with grated cheddar cheese, salsa and a dollop of sour cream. Enjoy!

Nutrition Facts

Serving Size: 140g | Servings: 8

Amount Per Serving

Calories 140 | Calories from Fat 60 | Total Fat 6g (sat fat 2g trans 0g) | Cholesterol 170mg | Sodium 200mg | Total Carbohydrate 12g | Dietary Fiber 2g | Sugars 3g | Protein 8g | Vitamin A 160% | Vitamin C 2% | Calcium 4% | Iron 6%