

Power Blend Bacon Skillet

The Method

Pour vegetable-egg mixture into skillet. Cook on one side for 5-6 minutes or until lightly golden brown. Use a rubber spatula to lightly pull away the contents of pan from the sides, flip contents and transfer pan to oven for 15-18 minutes or until eggs are firm set.

Drizzle with spicy crema, sprinkle with green onion, and serve.

Nutrition Facts

Serving Size 166g | Servings: 4

Amount Per Serving

Calories 250 | Total Fat 20g (sat fat 9g trans 0g) | Cholesterol 215mg | Sodium 730mg | Total Carbohydrate 8g | Dietary Fiber 1g | Sugars 5g (Includes 0g Added Sugars) | Protein 10g | Vitamin D 10% | Calcium 10% | Iron 6% | Potassium 6%