






## Irish Eggs



35 m  4 servings  425 cal 

*Recipe By:* Maggie

"My mom used to make this every Sunday and I continued the tradition. My family loves it! Now my daughter makes it for her family and my son-in-law thinks she is a great cook! You may also add cooked bacon, ham or sausage into the mix if you wish."

### Ingredients

2 tablespoons butter	1 green bell pepper, chopped
6 potatoes, peeled and sliced	6 eggs, beaten
1 onion, minced	

### Directions

- 1 In a large skillet, melt butter over medium high heat. Add potatoes, onion and green pepper; saute until potatoes are browned. Stir in eggs and cook until eggs are set. Serve warm.

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Total Fat:	13.6g	21 %
Saturated Fat:	6.0g	
Cholesterol:	294mg	98 %
Sodium:	297mg	12 %
Potassium:	1140mg	32 %
Total Carbohydrates:	62.6g	20 %
Dietary Fiber:	5.9g	24 %
Protein:	15.1g	30 %
Sugars:	5g	
Vitamin A:	691IU	
Vitamin C:	45mg	
Calcium:	73mg	
Iron:	2mg	
Thiamin:	0mg	
Niacin:	8mg	
Vitamin B6:	1mg	
Magnesium:	73mg	
Folate:	70mcg	