

# Shepherders Breakfast

*Pauletta Bushnell - Albany, OR  
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## Servings: 8

*3/4 pound bacon strips, finely chopped  
1 medium onion, chopped  
1 package (30 ounce) frozen shredded hash brown potatoes, thawed  
8 eggs  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 cup (4 ounce) cheddar cheese, shredded*

In a large skillet, cook the bacon and onion over medium heat until the bacon is crisp. Drain, reserving 1/4 cup of drippings in the pan.

Stir in the hash browns. Cook, uncovered, over medium heat for 10 minutes or until the bottom is golden brown; turn the potatoes. With the back of a spoon, make eight evenly spaced wells in the potato mixture. Break one egg into each well. Sprinkle with salt and pepper.

Cook, covered, on low for 10 minutes or until the eggs are set and the potatoes are tender. Sprinkle with cheese. Let stand until the cheese is melted.

Start to Finish Time: 30 minutes

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Per Serving (excluding unknown items): 382 Calories; 31g Fat (73.4% calories from fat); 23g Protein; 2g Carbohydrate; trace Dietary Fiber; 263mg Cholesterol; 971mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 4 Fat.

Breakfast

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	382	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	73.4%	<b>Vitamin B12 (mcg):</b>	1.5mcg
<b>% Calories from Carbohydrates:</b>	2.1%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	24.4%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	31g	<b>Folacin (mcg):</b>	31mcg
<b>Saturated Fat (g):</b>	12g	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	13g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	3g	<b>Alcohol (kcal):</b>	0
			0.0%

<b>Cholesterol (mg):</b>	263mg
<b>Carbohydrate (g):</b>	2g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	23g
<b>Sodium (mg):</b>	971mg
<b>Potassium (mg):</b>	310mg
<b>Calcium (mg):</b>	137mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	2mg
<b>Vitamin C (mg):</b>	15mg
<b>Vitamin A (i.u.):</b>	394IU
<b>Vitamin A (r.e.):</b>	115RE

**% Daily Value\***

### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	3
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	4
<b>Other Carbohydrates:</b>	0

### Nutrition Facts

Servings per Recipe: 8

#### Amount Per Serving

**Calories** 382 **Calories from Fat:** 280

#### % Daily Values\*

<b>Total Fat</b> 31g	47%
Saturated Fat 12g	60%
<b>Cholesterol</b> 263mg	88%
<b>Sodium</b> 971mg	40%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber trace	1%
<b>Protein</b> 23g	
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<b>Vitamin A</b>	8%
<b>Vitamin C</b>	25%
<b>Calcium</b>	14%
<b>Iron</b>	10%

\* Percent Daily Values are based on a 2000 calorie diet.