

# Quinoa Breakfast Skillet

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-potato-skillet-recipes>

## Ingredients:

- 4 slices thick cut bacon chopped
- 1 sweet potato small, chopped
- 1/2 red onion chopped
- 1/2 red pepper chopped
- 1/2 green pepper chopped
- 1 cup sliced mushrooms chopped
- 2 garlic cloves minced
- 1/2 cup quinoa uncooked, rinsed
- 1 cup vegetable stock low-sodium, or water
- 4 eggs cooked your desired way
- salt
- pepper

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 230 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 15 grams
7. SaturatedFat: 6 grams
8. Sodium: 760 milligrams
9. Sugar: 4 grams

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