

# Fiesta Egg & Potato Boats

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Taste of Home - April/May 2016

## Servings: 8

*4 large (about 3 pounds) baking potatoes*

*1/4 cup butter, softened*

*1/4 cup sour cream*

*1 to 2 tablespoons Sriracha asian hot chile sauce*

*1/2 teaspoon salt*

*1/4 teaspoon pepper*

*8 large eggs*

*8 bacon strips, cooked and crumbled*

*1 jar (4 ounce) diced pimientos, drained*

*1 cup (4 ounce) pepper jack cheese, shredded*

*4 (about 1/2 cup) green onions, sliced*

## Preparation Time: 40 minutes

### Bake: 30 minutes

Preheat the oven to 375 degrees.

Scrub the potatoes. Pierce several times with a fork. Place on a microwave-safe plate. Microwave, uncovered, on high for 10 to 12 minutes or until tender, turning once.

When cool enough to handle, cut each potato lengthwise in half. Scoop out the pulp, leaving 1/4-inch-thick shells.

In a small bowl, mash the pulp with butter, sour cream, hot chili sauce, salt and pepper.

Place the potato shells on a parchment paper-lined 15x10x1-inch baking pan. Spoon the potato mixture into the potato shells, creating a 3/4-inch-deep well, building up the sides with potato mixture as needed. Break one egg into each well.

Bake for 25 to 30 minutes or until the egg whites are completely set and the yolks begin to thicken but are not hard.

Top with bacon, pimientos and cheese.

Bake for 2 to 4 minutes longer or until the cheese is melted.

Sprinkle with green onions.

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Per Serving (excluding unknown items): 252 Calories; 15g Fat (55.0% calories from fat); 11g Protein; 18g Carbohydrate; 2g Dietary Fiber; 236mg Cholesterol; 373mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Breakfast

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	252	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	55.0%	<b>Vitamin B12 (mcg):</b>	.8mcg
<b>% Calories from Carbohydrates:</b>	28.3%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	16.7%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	15g	<b>Folacin (mcg):</b>	42mcg
<b>Saturated Fat (g):</b>	7g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	5g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	236mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	18g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	2g	<b>Grain (Starch):</b>	1
<b>Protein (g):</b>	11g	<b>Lean Meat:</b>	1
<b>Sodium (mg):</b>	373mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	631mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	50mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	2mg	<b>Fat:</b>	2 1/2
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	22mg		
<b>Vitamin A (i.u.):</b>	547IU		
<b>Vitamin A (r.e.):</b>	143 1/2RE		

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 252 **Calories from Fat:** 139

### % Daily Values\*

<b>Total Fat</b>	15g	24%
Saturated Fat	7g	36%
<b>Cholesterol</b>	236mg	79%
<b>Sodium</b>	373mg	16%
<b>Total Carbohydrates</b>	18g	6%
Dietary Fiber	2g	7%
<b>Protein</b>	11g	

<b>Vitamin A</b>	11%
<b>Vitamin C</b>	36%
<b>Calcium</b>	5%
<b>Iron</b>	10%

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