



Apple and Chicken Hash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 cups rotisserie chicken breast boneless skinless chopped
- ☐ 1 teaspoon sage fresh chopped
- ☐ 1 tablespoon olive oil divided
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 2 cups baked potato cubed peeled 1 large
- ☐ 0.8 teaspoon salt

☐

3 cups tart cooking apples cored peeled finely chopped

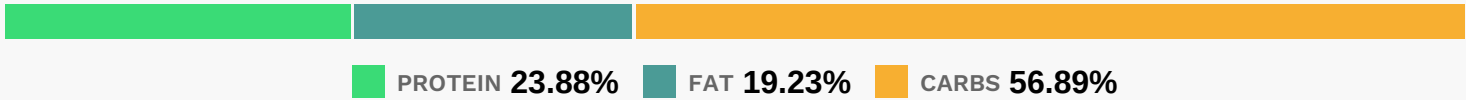
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and apples; saut 7 minutes or until mixture begins to brown. Spoon into a large bowl.
- ☐ Add potato and next 5 ingredients (through paprika); toss well to combine.
- ☐ Heat remaining 1 1/2 teaspoons oil in pan over medium heat.
- ☐ Add apple mixture, and pat into an even layer in pan. Cook, without stirring, for 2 minutes. Stir gently; cook an additional 2 minutes or until potato begins to brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.44, Glycemic Load:17.69, Inflammation Score:-5, Nutrition Score:16.768260686294%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg

Nutrients (% of daily need)

Calories: 242.06kcal (12.1%), Fat: 5.3g (8.15%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 29.9g (10.87%), Sugar: 12.28g (13.64%), Cholesterol: 36mg (12%), Sodium: 510.32mg (22.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.6%), Copper: 1.69mg (84.4%), Vitamin B6: 0.82mg (41.03%), Vitamin B3: 7.12mg (35.6%), Vitamin C: 28.63mg (34.71%), Selenium: 18.53µg (26.47%), Potassium: 815.66mg (23.3%), Fiber: 5.35g (21.4%), Phosphorus: 200.66mg (20.07%), Manganese: 0.32mg (16.12%), Vitamin B5: 1.22mg (12.24%), Magnesium: 48.76mg (12.19%), Vitamin B1: 0.16mg (10.42%), Vitamin B2: 0.13mg (7.49%), Iron: 1.34mg (7.45%), Folate: 29.55µg (7.39%), Vitamin K: 6.74µg (6.42%), Vitamin E: 0.84mg (5.57%), Zinc: 0.75mg (5.02%), Calcium: 34.66mg (3.47%), Vitamin A: 132.65IU (2.65%), Vitamin B12: 0.11µg (1.88%)