



Apple, Potato and Onion Hash

 Vegetarian  Gluten Free

READY IN



42 min.

SERVINGS



2

CALORIES



545 kcal

SIDE DISH

Ingredients

- 2 small apples such as mcintosh, chopped soft
- 2 tablespoons butter
- 2 large baking potatoes
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 small onion chopped
- 2 servings salt and pepper

Equipment

- frying pan

microwave

Directions

- Prick potatoes several times each with a fork and microwave on high for 10 to 12 minutes. Cool potatoes until you can handle them and chop.
- Heat a medium nonstick skillet over medium-high heat with extra-virgin olive oil and butter.
- Add apples and onions and cook 5 minutes, add potatoes and season with salt and pepper, to taste. Crisp and brown the potatoes with apples and onions 5 minutes more, then serve.

Nutrition Facts

PROTEIN 6.19% **FAT 30.02%** **CARBS 63.79%**

Properties

Glycemic Index:96.88, Glycemic Load:58.61, Inflammation Score:-7, Nutrition Score:19.458695843168%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.08mg, Quercetin: 13.08mg, Quercetin: 13.08mg, Quercetin: 13.08mg

Nutrients (% of daily need)

Calories: 545.25kcal (27.26%), Fat: 18.94g (29.13%), Saturated Fat: 8.31g (51.96%), Carbohydrates: 90.52g (30.17%), Net Carbohydrates: 81.55g (29.65%), Sugar: 19.28g (21.42%), Cholesterol: 30.1mg (10.03%), Sodium: 305.29mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Vitamin B6: 1.38mg (68.83%), Potassium: 1752.73mg (50.08%), Vitamin C: 30.48mg (36.94%), Fiber: 8.97g (35.87%), Manganese: 0.68mg (33.86%), Magnesium: 96.11mg (24.03%), Phosphorus: 232.85mg (23.28%), Vitamin B1: 0.34mg (22.98%), Copper: 0.43mg (21.7%), Vitamin B3: 4mg (20.01%), Iron: 3.47mg (19.27%), Folate: 63.2µg (15.8%), Vitamin K: 15.25µg (14.53%), Vitamin B5: 1.26mg (12.6%), Vitamin E: 1.64mg (10.97%), Vitamin B2: 0.17mg (10.28%), Vitamin A: 434.71IU (8.69%), Zinc: 1.2mg (8.02%), Calcium: 68.51mg (6.85%), Selenium: 1.79µg (2.56%)