

 **94%**
HEALTH SCORE

Artichoke, Onion, and Potato Hash

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



339 kcal

SIDE DISH

Ingredients

- 1 tablespoon apple cider vinegar
- 15 ounce artichokes with stems, drained, roughly chopped (not marinated)
- 6 servings pepper black freshly ground
- 0.5 cup chicken stock see
- 6 cipollini onions peeled sliced in half along equator
- 8 medium fingerling potatoes halved lengthwise
- 5 garlic cloves smashed
- 3 tablespoons olive oil

- 6 servings parsley leaves chopped for garnish
- 6 servings salt
- 2 sprigs thymes chopped
- 2 sprigs thymes chopped

Equipment

- frying pan
- knife
- pot
- spatula
- cutting board

Directions

- Bring a large pot of salted water to a boil over medium heat.
- Add the potatoes and cook until just tender.
- Drain and turn out onto a cutting board. Smash the potatoes with the side of a large knife or spatula.
- Heat a large cast iron skillet over medium-high heat and add the olive oil. When the pan is very hot, but not smoking, add the cipollini onions, and cook until starting to caramelize, about 4 to 5 minutes
- Add in the drained artichokes and season with salt and pepper, to taste. Cook for 2 to 3 minutes before turning them so that they will caramelize.
- Add the potatoes and cook until the potatoes are starting to brown, then stir in the garlic and the thyme. Slowly pour in the chicken stock, scraping up the bits from the bottom of the pan.
- Sprinkle with the vinegar and adjust seasoning with salt and pepper, if necessary.
- Transfer to a platter and garnish with chopped parsley.

Nutrition Facts



PROTEIN 10.4% FAT 19.59% CARBS 70.01%

Properties

Glycemic Index:46.13, Glycemic Load:38.39, Inflammation Score:-8, Nutrition Score:24.653478166331%

Flavonoids

Naringenin: 8.86mg, Naringenin: 8.86mg, Naringenin: 8.86mg, Naringenin: 8.86mg Apigenin: 13.93mg, Apigenin: 13.93mg, Apigenin: 13.93mg, Apigenin: 13.93mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 339.01kcal (16.95%), Fat: 7.68g (11.81%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 61.74g (20.58%), Net Carbohydrates: 50.94g (18.53%), Sugar: 4.57g (5.08%), Cholesterol: 0.6mg (0.2%), Sodium: 310.2mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.18g (18.35%), Vitamin C: 72.6mg (88%), Vitamin K: 86.07µg (81.97%), Vitamin B6: 1mg (50.16%), Potassium: 1558.12mg (44.52%), Fiber: 10.8g (43.18%), Manganese: 0.72mg (36.12%), Magnesium: 114.57mg (28.64%), Folate: 106.51µg (26.63%), Copper: 0.51mg (25.4%), Phosphorus: 246.27mg (24.63%), Vitamin B3: 4.16mg (20.78%), Vitamin B1: 0.31mg (20.51%), Iron: 3.57mg (19.85%), Vitamin B5: 1.15mg (11.49%), Vitamin B2: 0.17mg (9.98%), Zinc: 1.32mg (8.83%), Calcium: 83.62mg (8.36%), Vitamin E: 1.22mg (8.11%), Vitamin A: 353.83IU (7.08%), Selenium: 1.95µg (2.79%)