



Asparagus-New Potato Hash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 slices garnish: lemon
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup queso fresco crumbled
- ☐ 1 pound potatoes red

- ☐ 1 teaspoon salt
- ☐ 2 shallots minced

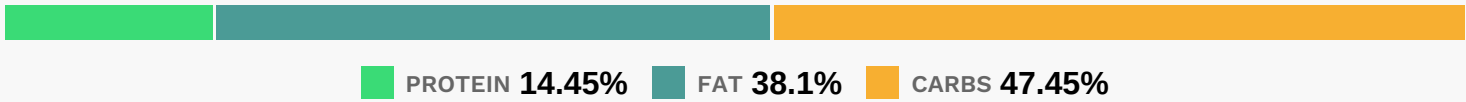
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Bring potatoes and salted water to cover to a boil in a Dutch oven over medium-high heat. Cook 15 minutes or just until tender; drain well. Cool 15 minutes; cut into quarters.
- ☐ Snap off and discard tough ends of asparagus.
- ☐ Cut asparagus into 1/2-inch pieces.
- ☐ Saut shallots in hot oil in a large nonstick skillet 1 minute.
- ☐ Add asparagus, thyme, salt, pepper, and lemon juice; saut 2 to 3 minutes or until asparagus is crisp-tender.
- ☐ Add potatoes, and saut 3 minutes or until mixture is thoroughly heated.
- ☐ Remove from heat, and sprinkle with cheese.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Chapel Hill Creamery farmer's cheese.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:7.4008695560953%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg

0.79mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 100.68kcal (5.03%), Fat: 4.49g (6.9%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 10.12g (3.68%), Sugar: 2.34g (2.6%), Cholesterol: 3.25mg (1.08%), Sodium: 342.35mg (14.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Vitamin K: 27.59µg (26.28%), Vitamin C: 9.9mg (12%), Potassium: 399.16mg (11.4%), Folate: 42.29µg (10.57%), Manganese: 0.21mg (10.46%), Iron: 1.79mg (9.92%), Fiber: 2.45g (9.8%), Copper: 0.19mg (9.62%), Vitamin A: 445.69IU (8.91%), Vitamin B1: 0.13mg (8.78%), Vitamin B6: 0.17mg (8.6%), Vitamin E: 1.16mg (7.72%), Phosphorus: 68.52mg (6.85%), Vitamin B3: 1.23mg (6.13%), Vitamin B2: 0.1mg (5.91%), Magnesium: 22.49mg (5.62%), Zinc: 0.53mg (3.51%), Vitamin B5: 0.34mg (3.38%), Selenium: 1.67µg (2.39%), Calcium: 23.67mg (2.37%)