



Austrian hash



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



574 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tbsp vegetable oil
- ☐ 400 g bacon smoked cooked (or use ham)
- ☐ 1 onion cut into chunks
- ☐ 500 g potatoes cold cooked cut into small chunks (preferably waxy ones)
- ☐ 1 tsp caraway seeds
- ☐ 1.5 tsp paprika mixed sweet with a pinch of chilli powder) hot
- ☐ 1 small handful parsley roughly chopped

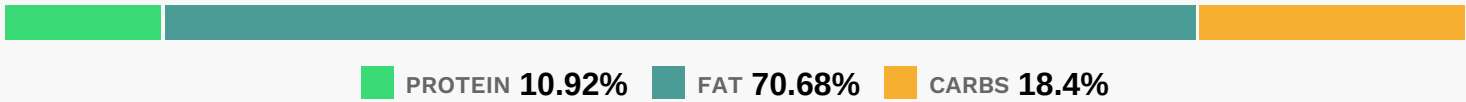
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large frying pan, then fry the bacon and onion together for 10 mins until the bacon is golden. Lift out of the pan onto a plate, then add the potatoes and fry for 10 mins more until golden.
- ☐ Tip in the caraway and paprika, season well, then fry for another min, stirring to release their fragrance.
- ☐ Return the bacon and onion, taste for seasoning, then add the parsley.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:39.44, Glycemic Load:16.58, Inflammation Score:-6, Nutrition Score:15.278260987738%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 573.56kcal (28.68%), Fat: 45.11g (69.4%), Saturated Fat: 14.14g (88.37%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 22.7g (8.26%), Sugar: 2.23g (2.48%), Cholesterol: 66mg (22%), Sodium: 671.76mg (29.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.37%), Vitamin B6: 0.69mg (34.33%), Vitamin C: 28.11mg (34.07%), Selenium: 20.72µg (29.61%), Vitamin K: 28.87µg (27.49%), Vitamin B3: 5.48mg (27.39%), Vitamin B1: 0.39mg (26.27%), Phosphorus: 229.14mg (22.91%), Potassium: 794.13mg (22.69%), Fiber: 3.71g (14.85%), Manganese: 0.26mg (12.9%), Magnesium: 46.69mg (11.67%), Zinc: 1.66mg (11.08%), Copper: 0.2mg (9.97%), Vitamin A: 495.6IU (9.91%), Vitamin B5: 0.98mg (9.82%), Iron: 1.75mg (9.72%), Vitamin B12: 0.5µg (8.33%), Vitamin B2: 0.14mg (8.27%), Vitamin E: 1.1mg (7.36%), Folate: 27.17µg (6.79%), Calcium: 33.04mg (3.3%), Vitamin D: 0.4µg (2.67%)