


# Bacon and Sweet Potato Hash with Avocado Cream


 Gluten Free

READY IN




25 min.

SERVINGS



4

CALORIES



709 kcal

SIDE DISH

## Ingredients

- 2 large avocado ripe
- 0.5 pound bacon cut into 1/2-inch pieces
- 1 tablespoon butter
- 4 eggs
- 4 servings kosher salt black
- 1 tablespoon juice of lime
- 1 cup onion finely chopped

- 1.5 pounds sweet potatoes and into peeled cut into 1/2-inch cubes
- 2 tablespoons vegetable oil

## Equipment

- food processor
- bowl
- frying pan
- paper towels
- slotted spoon

## Directions

- Combine avocado and lime juice in a food processor and process until a lumpless cream forms, scraping down sides as necessary. Season to taste with salt and pepper.
- Transfer to a bowl and set aside.
- Cook bacon in a large skillet over medium high heat, stirring occasionally, until crisp, about 8 minutes.
- Transfer to a paper towel-lined plate with a slotted spoon.
- Pour bacon fat into small bowl and reserve.
- Heat butter in a large stainless steel or nonstick skillet over medium high heat until melted.
- Add chopped onion and cook, stirring frequently, until onion just begins to brown, about 7 minutes.
- Pour 1 tablespoon bacon fat over browned onions, then add cubed sweet potato to pan, tossing until sweet potato are coated in oil. Reduce heat to medium, cover with a lid and cook, shaking and tossing occasionally, until sweet potato is softened though, about 15 minutes.
- Remove lid and increase heat to high. Cook, tossing occasionally, until well browned, about 5 minutes. Stir in chopped bacon, season to taste with salt and pepper, remove from heat and cover until ready to serve.
- Heat vegetable oil in a large non-stick skillet over high heat until shimmering, fry remaining eggs until desired doneness. Season with salt and pepper. Divide hash between 4 plates, top each plate with a fried egg and a dollop of avocado cream.

Serve immediately.

## Nutrition Facts

**PROTEIN 9.87%** **FAT 63.67%** **CARBS 26.46%**

### Properties

Glycemic Index:43.75, Glycemic Load:18.45, Inflammation Score:-10, Nutrition Score:29.397391360739%

### Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

### Nutrients (% of daily need)

Calories: 708.58kcal (35.43%), Fat: 51.23g (78.81%), Saturated Fat: 13.94g (87.13%), Carbohydrates: 47.89g (15.96%), Net Carbohydrates: 35.36g (12.86%), Sugar: 9.7g (10.78%), Cholesterol: 208.63mg (69.54%), Sodium: 756.39mg (32.89%), Alcohol: 0g (100%), Protein: 17.87g (35.73%), Vitamin A: 24627.13IU (492.54%), Fiber: 12.53g (50.13%), Vitamin B6: 0.89mg (44.45%), Vitamin B5: 3.8mg (38.04%), Selenium: 26.57µg (37.95%), Potassium: 1297.3mg (37.07%), Vitamin K: 37.23µg (35.46%), Manganese: 0.65mg (32.64%), Folate: 128.88µg (32.22%), Phosphorus: 313.94mg (31.39%), Vitamin B2: 0.49mg (29.06%), Vitamin B1: 0.39mg (26.24%), Copper: 0.52mg (26%), Vitamin E: 3.88mg (25.88%), Vitamin B3: 5.06mg (25.31%), Vitamin C: 18.22mg (22.08%), Magnesium: 88.13mg (22.03%), Zinc: 2.46mg (16.43%), Iron: 2.68mg (14.91%), Vitamin B12: 0.68µg (11.35%), Calcium: 101.25mg (10.12%), Vitamin D: 1.11µg (7.38%)