



Bacon and Tomato Hash

 Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



549 kcal

SIDE DISH

Ingredients

- ☐ 4 rashers streaky bacon
- ☐ 1 serving pepper black freshly ground
- ☐ 1 serving serving suggestion: bread
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 2 teaspoons garlic-infused oil
- ☐ 1 tomatoes diced
- ☐ 2 teaspoons worcestershire sauce

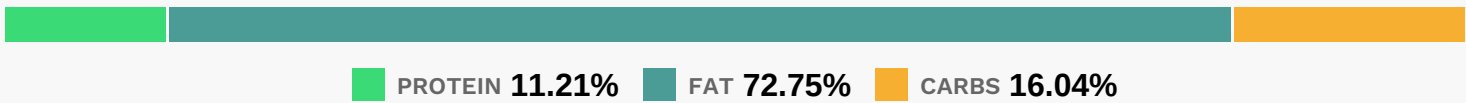
Equipment

- ☐ frying pan
- ☐ kitchen towels

Directions

- ☐ Cut each piece of bacon into 3 or 4 pieces.
- ☐ Heat oil in a skillet. When oil is hot, fry bacon until crispy (the bacon will also give up flavorful fat of its own).
- ☐ Remove the bacon to a piece of kitchen towel.
- ☐ Add the diced tomato, with all its seeded, gluey interior, into the hot oily pan, which will cause a great spitting and sizzling, and stir for a couple of minutes.
- ☐ Add the Worcestershire sauce and stir again, then put the bacon back into the pan, mixing it into the tomato before transferring to a plate.
- ☐ Scatter with some parsley and freshly ground black pepper, and serve with bread to dip in the oily juices.

Nutrition Facts



Properties

Glycemic Index:160.67, Glycemic Load:8.49, Inflammation Score:-8, Nutrition Score:20.54826077171%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 17.24mg, Apigenin: 17.24mg, Apigenin: 17.24mg, Apigenin: 17.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 548.91kcal (27.45%), Fat: 44.51g (68.47%), Saturated Fat: 13.05g (81.54%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 19.2g (6.98%), Sugar: 6.11g (6.79%), Cholesterol: 58.08mg (19.36%), Sodium: 881.81mg (38.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.86%), Vitamin K: 147.39µg (140.37%), Selenium: 25.82µg (36.89%), Vitamin C: 29.11mg (35.28%), Vitamin A: 1741.66IU (34.83%), Vitamin B3: 6.03mg (30.13%), Vitamin B1: 0.42mg (27.92%), Manganese: 0.51mg (25.46%), Phosphorus: 204.36mg (20.44%), Vitamin B6: 0.37mg (18.55%), Potassium: 646.96mg (18.48%), Iron: 2.89mg (16.04%), Vitamin E: 2.32mg (15.46%), Folate:

55.39µg (13.85%), Fiber: 2.89g (11.54%), Vitamin B2: 0.19mg (11.11%), Zinc: 1.65mg (10.99%), Magnesium: 41.3mg (10.33%), Copper: 0.19mg (9.41%), Vitamin B5: 0.86mg (8.61%), Calcium: 76.1mg (7.61%), Vitamin B12: 0.44µg (7.33%), Vitamin D: 0.35µg (2.35%)