



WHATSheATE



Barbecued Chicken Hash



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup barbecue sauce
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 3.5 cups hash browns frozen

- ☐ 1 jalapeno minced seeded
- ☐ 1.5 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 4 cups roasted boneless skinless chopped (4 breasts)
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.8 cup water

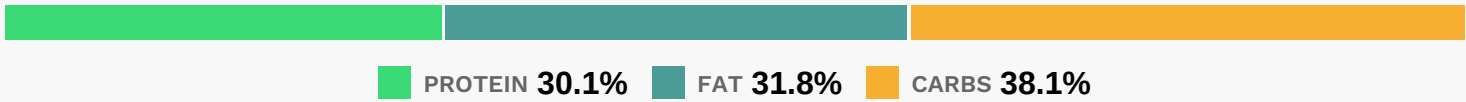
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375
- ☐ Heat oil in a large cast-iron or heavy skillet over high heat.
- ☐ Add onion, celery, bell pepper, and carrot; saut 1 1/2 minutes.
- ☐ Add chicken and next 7 ingredients (chicken through salt); bring to a boil. Reduce heat, and simmer for 2 minutes.
- ☐ Bake at 375 for 10 minutes.
- ☐ Sprinkle with cheese and jalapeo; bake an additional 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:40.14, Glycemic Load:7.34, Inflammation Score:-9, Nutrition Score:21.242173811664%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 385.43kcal (19.27%), Fat: 13.64g (20.99%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 36.78g (12.26%), Net Carbohydrates: 33.53g (12.19%), Sugar: 10.15g (11.28%), Cholesterol: 82.9mg (27.63%), Sodium: 632.15mg (27.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.1%), Vitamin B3: 12.93mg (64.64%), Selenium: 38.33µg (54.76%), Vitamin B6: 0.99mg (49.43%), Vitamin A: 2267.24IU (45.34%), Phosphorus: 378.52mg (37.85%), Vitamin C: 27.11mg (32.86%), Potassium: 924.95mg (26.43%), Vitamin B5: 2.04mg (20.45%), Calcium: 178.92mg (17.89%), Manganese: 0.32mg (16.14%), Vitamin B1: 0.23mg (15.09%), Vitamin B2: 0.24mg (14.21%), Magnesium: 56.22mg (14.05%), Fiber: 3.25g (13%), Iron: 2.21mg (12.28%), Zinc: 1.71mg (11.39%), Copper: 0.21mg (10.54%), Vitamin E: 1.39mg (9.29%), Vitamin K: 8.9µg (8.47%), Vitamin B12: 0.4µg (6.67%), Folate: 25.47µg (6.37%), Vitamin D: 0.21µg (1.42%)