



Brussels Sprout and Bacon Hash

 **Gluten Free**  **Dairy Free**

READY IN



42 min.

SERVINGS



12

CALORIES



99 kcal

SIDE DISH

Ingredients

- 3 slices bacon
- 1 pound brussels sprouts quartered
- 4 large eggs
- 2 large cloves garlic minced
- 0.3 cup chicken broth low-sodium
- 1 medium onion finely chopped
- 12 servings salt and pepper
- 1 tablespoon vegetable oil

- 2 tablespoons balsamic vinegar white
- 10 oz yukon gold potatoes scrubbed cut into 1/2-inch dice

Equipment

- frying pan
- paper towels
- sauce pan
- slotted spoon

Directions

- Place potatoes in a large saucepan and cover with salted water. Bring to a boil over medium-high heat. Reduce heat to medium and cook until potatoes are fork-tender, about 7 minutes.
- Drain and pat dry. Fill saucepan 3/4 full with water.
- Add 1 Tbsp. vinegar; bring to a simmer over high heat. Reduce heat to medium to maintain simmer.
- Cook bacon in a 12-inch nonstick skillet over medium heat until crisp, turning as needed, about 10 minutes total.
- Transfer to a large paper towel-lined plate. When cool enough to handle, roughly crumble.
- Add 1 Tbsp. oil to skillet; increase heat to medium-high.
- Spread potatoes and onion in a single layer and cook, undisturbed, until golden on one side, about 3 minutes. Toss and cook 3 minutes longer.
- Add garlic; saut 1 minute. Season generously with salt and pepper; transfer to plate with bacon.
- Add remaining 2 tsp. oil and Brussels sprouts to skillet; saut 2 minutes.
- Add broth; cover and cook until sprouts are just tender, about 5 minutes longer. Stir in remaining 1 Tbsp. vinegar. Return potato mixture and bacon to skillet; season with salt and pepper.
- Crack each egg into a small cup. Gently tip each egg into simmering water in saucepan. Turn off heat, cover pan and let sit until eggs are just set, about 3 minutes (4 to 5 for firmer yolks). Using a slotted spoon, transfer eggs to a paper towel-lined plate.
- Divide hash among 4 plates; top each serving with an egg.

Sprinkle with additional salt and pepper.

Nutrition Facts

PROTEIN 18.9% **FAT 44.84%** **CARBS 36.26%**

Properties

Glycemic Index:18.56, Glycemic Load:4.11, Inflammation Score:-5, Nutrition Score:10.3786956331%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 99.04kcal (4.95%), Fat: 5.09g (7.83%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 7.13g (2.59%), Sugar: 1.88g (2.09%), Cholesterol: 65.63mg (21.88%), Sodium: 267.77mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.65%), Vitamin K: 69.53µg (66.22%), Vitamin C: 37.62mg (45.6%), Vitamin B6: 0.21mg (10.66%), Selenium: 7.02µg (10.02%), Manganese: 0.19mg (9.65%), Folate: 36.43µg (9.11%), Potassium: 304.44mg (8.7%), Phosphorus: 86.36mg (8.64%), Fiber: 2.12g (8.49%), Vitamin A: 377.74IU (7.55%), Vitamin B2: 0.13mg (7.48%), Vitamin B1: 0.1mg (6.57%), Iron: 1.09mg (6.06%), Vitamin B5: 0.49mg (4.87%), Magnesium: 18.22mg (4.55%), Vitamin B3: 0.87mg (4.34%), Vitamin E: 0.63mg (4.19%), Copper: 0.08mg (3.78%), Zinc: 0.54mg (3.58%), Calcium: 32.43mg (3.24%), Vitamin B12: 0.18µg (3.04%), Vitamin D: 0.36µg (2.37%)