



WHATSheATE



Brussels Sprout and Mushroom Hash



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



2

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 1 pound brussels sprouts trimmed sliced
- ☐ 4 eggs
- ☐ 1 clove garlic chopped
- ☐ 8 ounces mushrooms sliced
- ☐ 1 tablespoon oil
- ☐ 1 small onion diced finely
- ☐ 2 servings salt and pepper to taste
- ☐ 0.5 teaspoon thyme leaves chopped

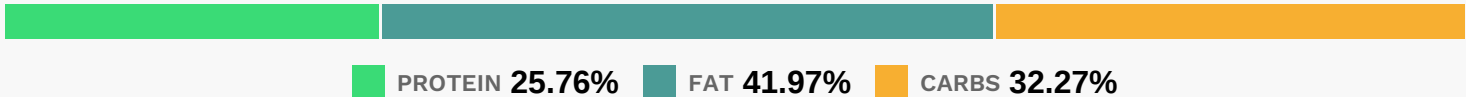
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat, add the onions and mushrooms and cook until the mushrooms release their moisture, it evaporates and the mushrooms start to caramelize, about 15 minutes.
- ☐ Add the garlic thyme and brussels sprouts, saute until tender, about 5 minutes, let sit until the bottoms start to caramelize, about 5 minutes, mix everything up, let sit for 5 minutes and mix it all up.Season with salt and pepper to taste.Create small wells in the hash, add the eggs and cook until the desired level of doneness.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:5.44, Inflammation Score:-10, Nutrition Score:39.131304575049%

Flavonoids

Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg

Nutrients (% of daily need)

Calories: 326.93kcal (16.35%), Fat: 16.49g (25.36%), Saturated Fat: 3.49g (21.78%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 18.07g (6.57%), Sugar: 9.06g (10.07%), Cholesterol: 327.36mg (109.12%), Sodium: 382.82mg (16.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.53%), Vitamin K: 406.85µg (387.48%), Vitamin C: 199.02mg (241.23%), Vitamin B2: 1.08mg (63.27%), Selenium: 41.58µg (59.4%), Folate: 205.9µg (51.48%), Manganese: 0.92mg (46.08%), Vitamin A: 2209.83IU (44.2%), Phosphorus: 441.23mg (44.12%), Fiber: 10.45g (41.79%), Vitamin B6: 0.83mg (41.33%), Potassium: 1424.48mg (40.7%), Vitamin B5: 3.8mg (38.01%), Vitamin B1: 0.46mg (30.78%), Iron: 5.47mg (30.39%), Copper: 0.6mg (30.19%), Vitamin B3: 5.91mg (29.55%), Vitamin E: 4.16mg (27.76%), Magnesium: 77.61mg (19.4%), Zinc: 2.76mg (18.43%), Calcium: 160.85mg (16.08%), Vitamin B12: 0.83µg (13.81%), Vitamin D: 1.99µg (13.25%)