



Brussels Sprout Hash with Sweet Potato and Bacon



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



479 kcal

SIDE DISH

Ingredients

- ☐ 4 strips bacon cut into 1 inch pieces
- ☐ 1 pound brussels sprouts trimmed sliced
- ☐ 4 eggs
- ☐ 1 clove garlic chopped
- ☐ 1 small onion diced
- ☐ 2 servings salt and pepper to taste
- ☐ 1 small sweet potatoes and into cut into 1/2 inch pieces

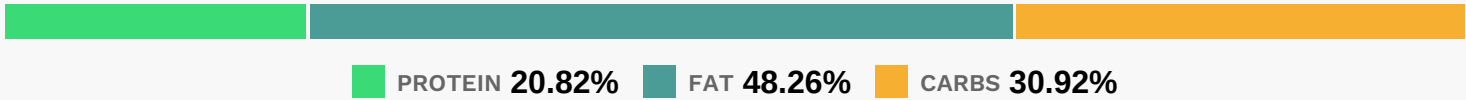
Equipment

☐ frying pan

Directions

- ☐ Cook the bacon in a pan over medium heat and set aside.
- ☐ Add the onion and sweet potato to the pan and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the 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 4 small wells in the hash, add the eggs and cook until the desired level of done-ness.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:11.05, Inflammation Score:-10, Nutrition Score:39.850434842317%

Flavonoids

Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg

Nutrients (% of daily need)

Calories: 478.98kcal (23.95%), Fat: 26.59g (40.9%), Saturated Fat: 8.77g (54.83%), Carbohydrates: 38.34g (12.78%), Net Carbohydrates: 27.14g (9.87%), Sugar: 9.53g (10.59%), Cholesterol: 356.4mg (118.8%), Sodium: 704.13mg (30.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.61%), Vitamin K: 403.03µg (383.84%), Vitamin C: 197.39mg (239.27%), Vitamin A: 11423.91IU (228.48%), Selenium: 40.27µg (57.52%), Manganese: 1.03mg (51.61%), Folate: 193.55µg (48.39%), Vitamin B6: 0.96mg (47.99%), Fiber: 11.19g (44.78%), Phosphorus: 437.08mg (43.71%), Vitamin B2: 0.69mg (40.75%), Potassium: 1367mg (39.06%), Vitamin B1: 0.54mg (36.11%), Iron: 5.39mg (29.96%), Vitamin B5: 2.87mg (28.66%), Magnesium: 88.13mg (22.03%), Vitamin E: 3.29mg (21.91%), Vitamin B3: 3.94mg (19.69%), Zinc: 2.88mg (19.2%), Copper: 0.36mg (17.85%), Calcium: 177.12mg (17.71%), Vitamin B12: 1µg (16.72%), Vitamin D: 1.94µg (12.91%)