



Cabin Hash

 **Gluten Free**

READY IN



30 min.

SERVINGS



10

CALORIES



325 kcal

SIDE DISH

Ingredients

- 3 cups broccoli frozen thawed chopped
- 0.5 cup butter cubed
- 1 pound finely-chopped ham cubed fully cooked
- 0.5 cup onion chopped
- 4 pounds potatoes cubed cooked peeled
- 10 servings salt and pepper to taste
- 10 servings cream sour

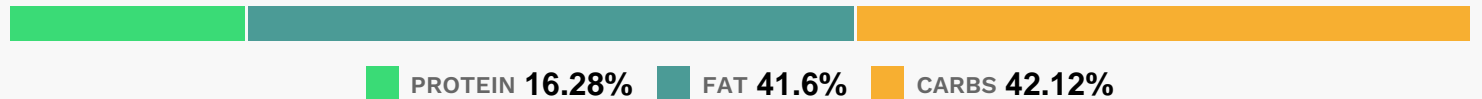
Equipment

frying pan

Directions

- In a large skillet, cook the potatoes, ham and onion in butter, stirring frequently, until potatoes are lightly browned.
- Add broccoli; heat through. Season with salt and pepper.
- Serve with sour cream if desired.

Nutrition Facts



Properties

Glycemic Index:19.27, Glycemic Load:23.71, Inflammation Score:-7, Nutrition Score:18.434782422107%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 324.61kcal (16.23%), Fat: 15.26g (23.47%), Saturated Fat: 7.9g (49.36%), Carbohydrates: 34.76g (11.59%), Net Carbohydrates: 29.95g (10.89%), Sugar: 2.62g (2.91%), Cholesterol: 64.59mg (21.53%), Sodium: 814.31mg (35.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.86%), Vitamin C: 70.56mg (85.53%), Vitamin B6: 0.71mg (35.62%), Vitamin K: 31.38µg (29.89%), Potassium: 1004.18mg (28.69%), Vitamin B1: 0.41mg (27.4%), Phosphorus: 267.46mg (26.75%), Fiber: 4.81g (19.26%), Vitamin B3: 3.72mg (18.59%), Manganese: 0.37mg (18.32%), Selenium: 10.78µg (15.4%), Magnesium: 59.03mg (14.76%), Copper: 0.27mg (13.3%), Vitamin B2: 0.22mg (13.12%), Folate: 49.6µg (12.4%), Vitamin B5: 1.15mg (11.47%), Vitamin B12: 0.68µg (11.4%), Zinc: 1.71mg (11.4%), Iron: 2.02mg (11.24%), Vitamin A: 526.66IU (10.53%), Calcium: 53.71mg (5.37%), Vitamin E: 0.53mg (3.56%)