



## Cheesy Hamburger Hash

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



471 kcal

SIDE DISH

## Ingredients

- 1 tablespoon butter
- 14.5 oz tomatoes diced italian with herbs (or other variety), undrained canned
- 2 tablespoons parsley fresh chopped
- 1 lb ground beef 80% lean (at least )
- 6 oz pizza cheese shredded (mozzarella and Cheddar cheeses)
- 1 tablespoon seasoning italian
- 1 bag potatoes diced refrigerated with onions (1 lb 4 oz)

## Equipment

frying pan

## Directions

- In 12-inch nonstick skillet, cook beef over medium-high heat 8 to 10 minutes, stirring occasionally, until brown; drain.
- Remove beef and drippings from skillet.
- Melt butter in same skillet.
- Add potatoes. Cover and cook over medium heat about 5 minutes, stirring occasionally, until almost tender. Stir in beef, tomatoes and pizza seasoning. Cook about 5 minutes, stirring occasionally, until thoroughly heated.
- Sprinkle with cheese and parsley. Cover and heat until cheese is melted.

## Nutrition Facts

 **PROTEIN 26.03%** **FAT 68.4%** **CARBS 5.57%**

## Properties

Glycemic Index:30.19, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:15.870869605438%

## Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 471.39kcal (23.57%), Fat: 36.33g (55.89%), Saturated Fat: 11.03g (68.92%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 5.03g (1.83%), Sugar: 2.52g (2.8%), Cholesterol: 89.02mg (29.67%), Sodium: 338.18mg (14.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.22%), Vitamin K: 45.6µg (43.43%), Vitamin B12: 2.43µg (40.5%), Zinc: 4.94mg (32.93%), Vitamin B3: 5.61mg (28.06%), Vitamin B6: 0.5mg (24.81%), Selenium: 17.17µg (24.53%), Iron: 3.78mg (21.02%), Phosphorus: 202.65mg (20.27%), Calcium: 161.12mg (16.11%), Potassium: 528.73mg (15.11%), Vitamin C: 12.3mg (14.91%), Vitamin B2: 0.23mg (13.78%), Vitamin E: 1.52mg (10.1%), Magnesium: 35.12mg (8.78%), Vitamin A: 435.18IU (8.7%), Manganese: 0.16mg (7.82%), Copper: 0.15mg (7.56%), Vitamin B5: 0.71mg (7.14%), Vitamin B1: 0.1mg (6.63%), Fiber: 1.63g (6.52%), Folate: 22.24µg (5.56%)