



Cheesy Potato and Sharp Cheddar Hash

 Gluten Free

READY IN



34 min.

SERVINGS



6

CALORIES



316 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 cup cheddar cheese white extra-sharp
- 5 cups hash browns shredded frozen
- 6 servings nutmeg freshly grated to taste
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 large onion chopped
- 6 servings pepper black freshly ground

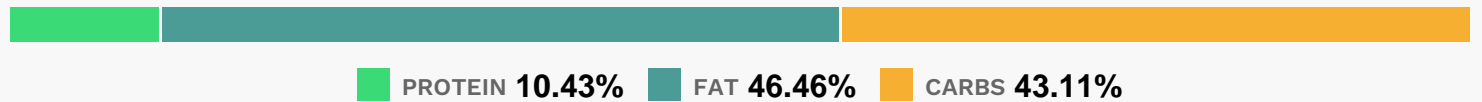
Equipment

frying pan

Directions

- Heat a large skillet with extra-virgin olive oil and butter over medium-high heat.
- Add onions and let soften 2 to 3 minutes.
- Add potatoes, season with salt and pepper and cook 20 minutes, turning occasionally, until brown and crispy. Season with a little freshly grated nutmeg, to taste, and add cheese. Turn the potatoes and onions with cheese to melt the crumbles and crisp the cheese a bit, about 1 minute.
- Transfer to serving dish.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:9.91, Inflammation Score:-4, Nutrition Score:9.6699999104375%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 315.8kcal (15.79%), Fat: 16.69g (25.68%), Saturated Fat: 7.47g (46.72%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 31.54g (11.47%), Sugar: 1.7g (1.88%), Cholesterol: 28.87mg (9.62%), Sodium: 193.11mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.87%), Vitamin C: 16.26mg (19.71%), Phosphorus: 181.29mg (18.13%), Manganese: 0.36mg (18.02%), Calcium: 161.69mg (16.17%), Potassium: 559.25mg (15.98%), Vitamin B3: 2.98mg (14.9%), Fiber: 3.32g (13.27%), Vitamin B1: 0.19mg (12.93%), Copper: 0.21mg (10.55%), Iron: 1.9mg (10.53%), Vitamin B6: 0.2mg (9.94%), Selenium: 6.06µg (8.66%), Magnesium: 30.76mg (7.69%), Zinc: 1.15mg (7.66%), Vitamin B2: 0.12mg (6.89%), Vitamin B5: 0.68mg (6.8%), Vitamin E: 0.93mg (6.18%), Vitamin A: 308.42IU (6.17%), Folate: 17.38µg (4.35%), Vitamin K: 3.85µg (3.67%), Vitamin B12: 0.21µg (3.46%)