



Cheesy Sweet Potato Hash Browns

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 1 medium baking potato shredded peeled
- ☐ 2 teaspoons butter
- ☐ 4 ounces monterrey jack cheese thinly sliced
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 medium size sweet potatoes and into shredded peeled
- ☐ 3 tablespoons vegetable oil divided

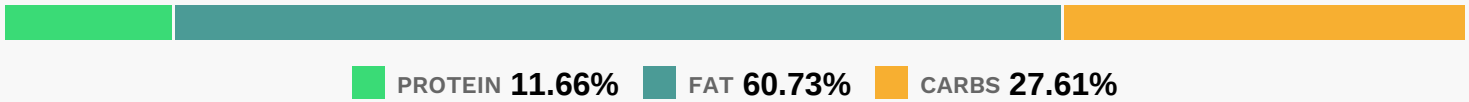
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Melt butter and 1 tablespoon oil in a nonstick skillet over medium heat.
- ☐ Combine potatoes, salt, and pepper.
- ☐ Heat 1 tablespoon vegetable oil in a nonstick skillet over medium-high heat. Drop potato mixture into 3 1/2 inch rounds; cook, in batches, 5 minutes on each side or until golden, adding remaining oil as necessary. Press down with a spatula to flatten; top hash browns evenly with Jarlsberg or Monterey Jack cheese during the last 5 minutes.

Nutrition Facts



Properties

Glycemic Index:25.22, Glycemic Load:6.63, Inflammation Score:-10, Nutrition Score:7.9926087363907%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 152.59kcal (7.63%), Fat: 10.44g (16.06%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 9.46g (3.44%), Sugar: 1.42g (1.58%), Cholesterol: 12.62mg (4.21%), Sodium: 404.41mg (17.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin A: 4162.49IU (83.25%), Calcium: 118.79mg (11.88%), Vitamin K: 10.93µg (10.41%), Phosphorus: 91.34mg (9.13%), Vitamin B6: 0.16mg (8.13%), Manganese: 0.13mg (6.65%), Potassium: 219.96mg (6.28%), Fiber: 1.23g (4.9%), Vitamin B2: 0.08mg (4.82%), Magnesium: 17.27mg (4.32%), Zinc: 0.59mg (3.93%), Copper: 0.08mg (3.83%), Vitamin E: 0.57mg (3.8%), Vitamin B5: 0.34mg (3.39%), Selenium: 2.34µg (3.34%), Vitamin B1: 0.05mg (3.08%), Iron: 0.52mg (2.88%), Vitamin C: 2.2mg (2.66%), Folate: 9.42µg (2.36%), Vitamin B3: 0.45mg (2.24%), Vitamin B12: 0.12µg (1.98%)