



Chicken Hash



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

Ingredients

- ☐ 1 pound chicken thighs bone-in
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 clove garlic minced
- ☐ 0.5 medium bell pepper diced green seeded
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 0.5 teaspoon paprika
- ☐ 1.5 pounds potatoes peeled cut into 1/2-inch dice
- ☐ 0.5 medium onion diced red

- ☐ 4 servings salt and pepper
- ☐ 2 scallions white green separated chopped
- ☐ 3 tablespoons vegetable oil

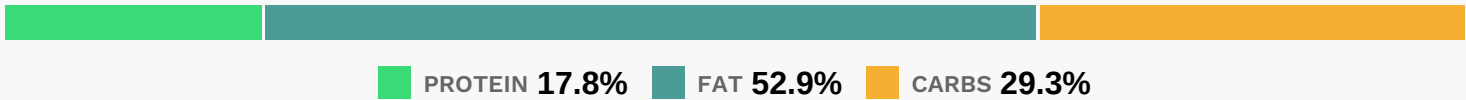
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Warm 1 Tbsp. oil in a skillet over medium-high heat.
- ☐ Sprinkle chicken with salt and pepper. Cook chicken, turning, for 10 minutes.
- ☐ Drain off fat.
- ☐ Pour in broth, cover, reduce heat to low; cook for 35 minutes.
- ☐ Remove chicken; let cool. Shred meat. Skim fat from cooking liquid; reserve liquid.
- ☐ Put potatoes in a pot, cover with salted water; bring to a boil. Cook for 5 minutes; drain.
- ☐ Warm remaining oil in a skillet over medium-high heat. Saut potatoes, onion, bell pepper and white parts of scallions for 5minutes.
- ☐ Add garlic, thyme, paprika, 1 tsp. salt and 1/2 tsp. pepper; saut for 4 minutes.
- ☐ Add chicken; saut for 3 minutes, adding reserved liquid as needed.
- ☐ Sprinkle with scallion greens before serving.

Nutrition Facts



Properties

Glycemic Index:49.44, Glycemic Load:22.25, Inflammation Score:-7, Nutrition Score:18.752173947251%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 449.52kcal (22.48%), Fat: 26.64g (40.98%), Saturated Fat: 5.99g (37.47%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 28.65g (10.42%), Sugar: 2.48g (2.76%), Cholesterol: 94.46mg (31.49%), Sodium: 289.39mg (12.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.33%), Vitamin C: 47.91mg (58.08%), Vitamin B6: 0.9mg (45.21%), Vitamin K: 39.95µg (38.04%), Vitamin B3: 6.83mg (34.14%), Potassium: 1011.51mg (28.9%), Phosphorus: 269.47mg (26.95%), Selenium: 18.77µg (26.81%), Fiber: 4.53g (18.14%), Manganese: 0.35mg (17.4%), Magnesium: 62.71mg (15.68%), Vitamin B5: 1.53mg (15.3%), Vitamin B1: 0.23mg (15.23%), Copper: 0.27mg (13.67%), Iron: 2.43mg (13.48%), Vitamin B2: 0.21mg (12.21%), Zinc: 1.82mg (12.14%), Vitamin B12: 0.65µg (10.77%), Folate: 38.53µg (9.63%), Vitamin E: 1.23mg (8.18%), Vitamin A: 321.67IU (6.43%), Calcium: 42.69mg (4.27%)