



Chorizo Hash Browns

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

Ingredients

- 0.3 cup flat parsley chopped
- 1 garlic clove minced
- 2 tablespoons olive oil extra virgin extra-virgin divided
- 1 small onion finely chopped
- 0.1 teaspoon paprika
- 2 pound baking potatoes (baking) (3)
- 3 spring onion finely chopped
- 0.5 cup chorizo spanish finely chopped (cured spiced pork sausage)

1 tablespoon butter unsalted

Equipment

bowl

frying pan

Directions

Cook onion, scallions, and garlic in 1 tablespoon oil in a 12-inch nonstick skillet over medium heat, stirring occasionally, until softened, 3 to 5 minutes.

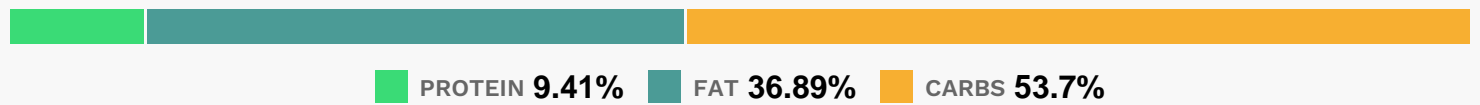
Peel potatoes and coarsely grate. Squeeze any excess water from potatoes and mix with onion mixture, chorizo, parsley, paprika, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl until combined well.

Wipe out skillet and heat butter and remaining tablespoon oil over medium heat until butter is melted.

Add potato mixture, spreading evenly in skillet and pressing gently to flatten. Cook over medium heat until crisp and golden, 8 to 10 minutes. Invert a large plate over skillet. Holding plate and skillet tightly together, invert hash browns onto plate. Slide back into skillet and press gently to flatten. Cook until golden and cooked through, 8 to 10 minutes more.

Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:21.89, Inflammation Score:-5, Nutrition Score:10.261739209618%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 212.68kcal (10.63%), Fat: 8.92g (13.72%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 26.77g (9.74%), Sugar: 1.6g (1.78%), Cholesterol: 10.9mg (3.63%), Sodium: 10.94mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Vitamin K: 59.2µg (56.38%), Vitamin B6: 0.55mg (27.44%), Potassium: 681.5mg (19.47%), Vitamin C: 14.09mg (17.08%), Manganese: 0.28mg (13.76%), Iron: 1.79mg (9.97%), Fiber: 2.43g (9.71%), Magnesium: 38.64mg (9.66%), Phosphorus: 91.67mg (9.17%), Vitamin B1: 0.14mg (9.07%), Copper: 0.17mg (8.56%), Vitamin B3: 1.65mg (8.26%), Folate: 31.13µg (7.78%), Vitamin A: 384.67IU (7.69%), Vitamin E: 0.81mg (5.39%), Vitamin B5: 0.49mg (4.91%), Vitamin B2: 0.06mg (3.66%), Zinc: 0.52mg (3.45%), Calcium: 31.72mg (3.17%), Selenium: 0.8µg (1.14%)