



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

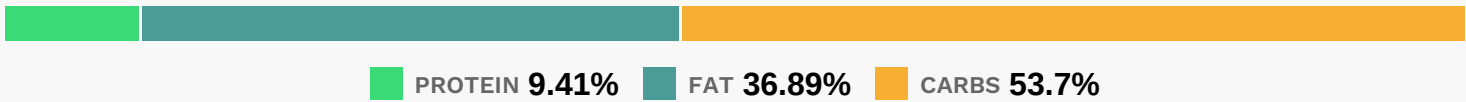
Equipment

- ☐ 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: Og (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%)