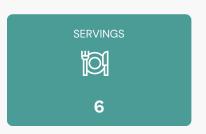


Country Hash

Gluten Free







SIDE DISH

Ingredients

1 stick plus 3 tablespoons butter unsalted divided
0.3 cup dijon mustard
6 large eggs
1 medium gala apple
2 medium poblano chiles fresh ()
1 medium bell pepper red cut into 1/2-inch pieces
0.5 pound rutabaga

1 small onion white finely chopped

	3 tablespoons worcestershire sauce
	0.5 pound yukon gold potatoes
Εq	uipment
	bowl
	frying pan
	paper towels
	oven
	tongs
	broiler pan
Diı	rections
	Finely shred brisket and transfer to a bowl, then mix with mustard and Worcestershire sauce until combined well.
	Roast poblanos on their sides on racks of gas burners over medium-high heat, turning with tongs, until skins are blistered and slightly charred, 4 to 6 minutes. (Or broil on rack of a broiler pan about 2 inches from heat.) Immediately transfer to a large bowl and cover tightly, then let stand 10 minutes. Carefully rub off skins from poblanos.
	Cut open lengthwise and remove stems and seeds, including attached ribs. Wipe poblanos clean with a paper towel if necessary, then cut into 1/4-inch dice and transfer to a large bowl
	Peel potato, rutabaga, and apple and cut into 1/2-inch cubes, then cook in 1/2 stick butter with 3/4 teaspoon salt and 1/4 teaspoon pepper in a 12-inch heavy skillet over medium heat, stirring occasionally, until golden in spots and just tender, 10 to 12 minutes.
	Transfer to bowl with poblanos.
	Cook onion in 3 tablespoons butter with 1/2 teaspoon salt and 1/4 tsp pepper in same skillet, stirring occasionally, until golden, about 8 minutes.
	Add bell pepper and cook, stirring occasionally, until just tender, 6 to 8 minutes more.
	Transfer to bowl with poblano mixture. Stir brisket into hash until combined.
	Preheat oven to 250°F with rack in middle.
	Heat 1 tablespoon butter in a 12-inch nonstick skillet over medium-high heat until foam subsides.

PROTEIN 11.6% FAT 61.15% CARBS 27.25%
Nutrition Facts
Hash, without brisket, can be cooked 1 day ahead and chilled. Bring to room temperature before using.
Serve eggs over hash.
Rinse and wipe out skillet. Fry eggs in 2 batches with 1 tablespoon butter per batch over medium heat.
Transfer to sheet pan in oven.
Transfer to a large (17-by 11-inch) 4-sided sheet pan and keep warm in oven. Cook remaining hash in same manner in 1 tablespoon butter.
Add half of hash to skillet and cook, turning portions occasionally, until browned and crisp in spots, 12 to 14 minutes.

Properties

Glycemic Index:56.46, Glycemic Load:8.31, Inflammation Score:-8, Nutrition Score:16.34347841014%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 296.03kcal (14.8%), Fat: 20.66g (31.79%), Saturated Fat: 11.34g (70.87%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 16.56g (6.02%), Sugar: 8.61g (9.57%), Cholesterol: 226.49mg (75.5%), Sodium: 426.28mg (18.53%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 8.82g (17.63%), Vitamin C: 77.58mg (94.04%), Vitamin A: 1540.6IU (30.81%), Selenium: 19.56µg (27.95%), Vitamin B6: 0.41mg (20.75%), Vitamin B2: 0.32mg (18.77%), Phosphorus: 181.21mg (18.12%), Potassium: 592.26mg (16.92%), Fiber: 4.16g (16.66%), Folate: 55.67µg (13.92%), Manganese: 0.26mg (13.04%), Iron: 2.24mg (12.42%), Vitamin B5: 1.13mg (11.26%), Vitamin E: 1.64mg (10.93%), Vitamin B1: 0.15mg (10.31%), Magnesium: 37.75mg (9.44%), Vitamin B12: 0.48µg (7.95%), Calcium: 78.8mg (7.88%),

Copper: 0.16mg (7.79%), Zinc: 1.08mg (7.19%), Vitamin K: 7.16µg (6.82%), Vitamin D: 1µg (6.67%), Vitamin B3: 1.25mg (6.26%)