



Dill Smoked-Salmon Hash

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



558 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 3 cups hash brown potatoes frozen southern-style (small cubes)
- ☐ 1 cup onion chopped
- ☐ 0.3 pound salmon smoked diced
- ☐ 0.3 cup whipping cream

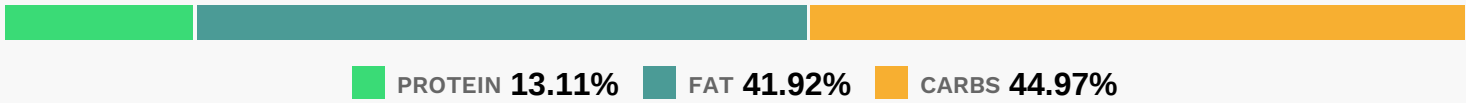
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in large nonstick skillet over medium-low heat.
- ☐ Add potatoes and onion. Cover skillet and cook until potatoes and onion are softened and beginning to brown, about 10 minutes.
- ☐ Add cream to skillet. Increase heat to medium and cook until most of cream is absorbed and mixture is moist, stirring often, about 2 minutes.
- ☐ Mix in salmon and dill. Season hash with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:17.59, Inflammation Score:-8, Nutrition Score:22.173912742864%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.05mg, Isorhamnetin: 4.05mg, Isorhamnetin: 4.05mg, Isorhamnetin: 4.05mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.3mg, Quercetin: 16.3mg, Quercetin: 16.3mg, Quercetin: 16.3mg

Nutrients (% of daily need)

Calories: 558.21kcal (27.91%), Fat: 26.58g (40.89%), Saturated Fat: 15.11g (94.45%), Carbohydrates: 64.15g (21.38%), Net Carbohydrates: 58.38g (21.23%), Sugar: 4.27g (4.74%), Cholesterol: 76.76mg (25.59%), Sodium: 615.13mg (26.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.4%), Vitamin D: 10.17µg (67.81%), Vitamin B3: 8.04mg (40.19%), Vitamin C: 32.01mg (38.8%), Potassium: 1146.13mg (32.75%), Vitamin B12: 1.92µg (32%), Selenium: 20.75µg (29.64%), Manganese: 0.57mg (28.72%), Phosphorus: 284.92mg (28.49%), Vitamin B6: 0.54mg (26.93%), Vitamin B1: 0.36mg (24.14%), Copper: 0.48mg (23.84%), Fiber: 5.77g (23.09%), Iron: 3.78mg (20.98%), Vitamin B5: 1.7mg (17.01%), Vitamin A: 845.83IU (16.92%), Magnesium: 55.27mg (13.82%), Vitamin B2: 0.18mg (10.82%), Vitamin E: 1.38mg (9.2%), Calcium: 79.34mg (7.93%), Folate: 30.69µg (7.67%), Zinc: 1.06mg (7.05%), Vitamin K: 2.31µg (2.2%)