



## Farmhouse Hash with Pot-poached Eggs



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



437 kcal

SIDE DISH

### Ingredients

- 1 tablespoon canola oil
- 1 carrots diced
- 2 stalks celery diced
- 4 eggs
- 1 teaspoon garlic chopped
- 0.5 pound sausage sweet italian
- 1 teaspoon paprika
- 0.5 teaspoon pepper flakes red

- 2 large potatoes diced red
- 4 servings salt and pepper
- 1 teaspoon vinegar white
- 0.5 medium onion diced yellow

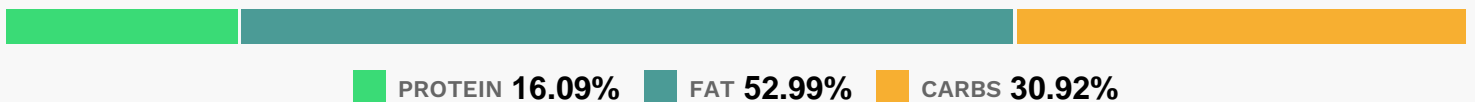
## Equipment

- bowl
- frying pan
- pot
- slotted spoon

## Directions

- Heat the oil in a large skillet over medium heat.
- Add onions, carrots, celery, potatoes, sausage, paprika, garlic, red pepper flakes, and salt and pepper, to taste.
- Saute stirring frequently, until the potatoes and carrots are tender, and the sausage is cooked through, about 12 minutes.
- Bring a medium pot of water to a simmer over low heat and add the vinegar. Crack an egg into a small bowl and carefully slide it into the simmering water. Quickly repeat with remaining eggs. Using a slotted spoon, carefully corral the white of each egg around its yolk. Poach the eggs until the whites are firm, or to the desired degree of doneness, about 3 to 5 minutes.
- Divide the hash among 4 serving plates and top the hash with a poached egg. Season with salt and pepper, to taste, and serve.

## Nutrition Facts



## Properties

Glycemic Index:57.21, Glycemic Load:1.04, Inflammation Score:-9, Nutrition Score:21.463478171307%

## Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

## Nutrients (% of daily need)

Calories: 437.2kcal (21.86%), Fat: 25.89g (39.84%), Saturated Fat: 8.13g (50.79%), Carbohydrates: 34g (11.33%), Net Carbohydrates: 29.61g (10.77%), Sugar: 4.19g (4.66%), Cholesterol: 206.77mg (68.92%), Sodium: 735.62mg (31.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.69g (35.39%), Vitamin A: 3208.72IU (64.17%), Selenium: 28.85µg (41.22%), Vitamin B1: 0.51mg (34.23%), Potassium: 1183.87mg (33.82%), Vitamin B6: 0.64mg (31.81%), Phosphorus: 297.82mg (29.78%), Vitamin C: 19.78mg (23.97%), Vitamin B2: 0.39mg (22.75%), Vitamin B3: 4.31mg (21.55%), Manganese: 0.39mg (19.57%), Folate: 71.47µg (17.87%), Copper: 0.35mg (17.6%), Fiber: 4.39g (17.58%), Iron: 3.06mg (17.02%), Vitamin B5: 1.61mg (16.05%), Vitamin K: 16.58µg (15.79%), Zinc: 2.32mg (15.46%), Magnesium: 60.68mg (15.17%), Vitamin B12: 0.91µg (15.13%), Vitamin E: 1.49mg (9.95%), Calcium: 73.01mg (7.3%), Vitamin D: 0.88µg (5.87%)