



Farmhouse Hash With Pot-Poached Eggs

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 1 tablespoon canola oil
- 1 carrots diced
- 2 stalks celery diced
- 4 large eggs
- 1 teaspoon garlic chopped
- 0.5 pound sausage sweet italian
- 4 servings kosher salt

- 0.5 medium onion diced
- 1 teaspoon paprika
- 0.5 teaspoon pepper flakes red
- 2 large red-skinned potatoes diced
- 1 teaspoon vinegar white

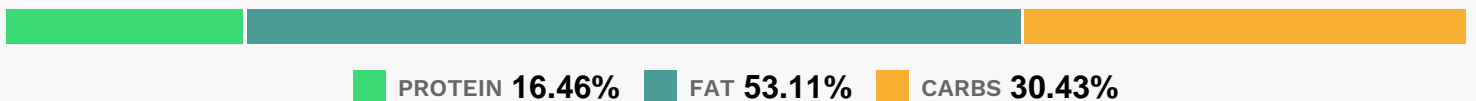
Equipment

- bowl
- frying pan
- pot
- slotted spoon

Directions

- Heat the canola oil in a large skillet over medium heat.
- Add the onion, carrot, celery, potatoes, sausage, paprika, garlic, red pepper flakes and 1/2 teaspoon salt.
- Saute, stirring frequently, until the potatoes and carrots are tender and the sausage is cooked through, about 15 minutes.
- Meanwhile, 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 the 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, 3 to 5 minutes.
- Divide the hash among 4 plates. Top each with a poached egg. Season with salt and black pepper.
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:65.21, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:22.069565337637%

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: 446.03kcal (22.3%), Fat: 26.47g (40.72%), Saturated Fat: 8.32g (51.97%), Carbohydrates: 34.11g (11.37%), Net Carbohydrates: 29.69g (10.8%), Sugar: 4.22g (4.69%), Cholesterol: 229.09mg (76.36%), Sodium: 744.16mg (32.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.92%), Vitamin A: 3241.66IU (64.83%), Selenium: 30.7µg (43.86%), Vitamin B1: 0.52mg (34.4%), Potassium: 1193.48mg (34.1%), Vitamin B6: 0.65mg (32.33%), Phosphorus: 309.86mg (30.99%), Vitamin B2: 0.41mg (24.38%), Vitamin C: 19.78mg (23.97%), Vitamin B3: 4.32mg (21.58%), Manganese: 0.41mg (20.29%), Folate: 74.31µg (18.58%), Copper: 0.36mg (17.88%), Fiber: 4.42g (17.68%), Iron: 3.18mg (17.66%), Vitamin B5: 1.7mg (16.99%), Vitamin B12: 0.96µg (16.02%), Zinc: 2.4mg (15.98%), Vitamin K: 16.77µg (15.97%), Magnesium: 61.57mg (15.39%), Vitamin E: 1.56mg (10.37%), Calcium: 76.82mg (7.68%), Vitamin D: 1µg (6.67%)