



Fennel-Potato Hash



Gluten Free



Dairy Free

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READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

150 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 tablespoons fennel fronds finely chopped
- ☐ 2 cups fennel bulb cored thinly sliced
- ☐ 1.5 cups hash brown potatoes shredded refrigerated
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup onion yellow vertically sliced

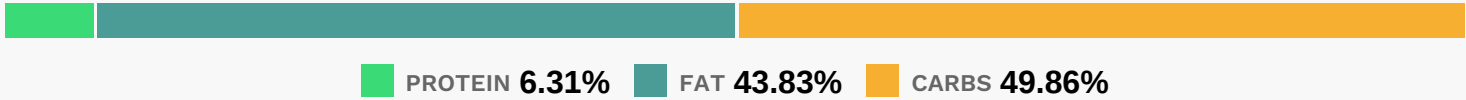
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add sliced fennel bulb, hash brown potatoes, and onion to pan; cook 12 minutes or until golden brown, stirring frequently.
- ☐ Remove from heat; stir in chopped fennel fronds, salt, and black pepper.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:5.34, Inflammation Score:-3, Nutrition Score:6.9569564902264%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 149.97kcal (7.5%), Fat: 7.61g (11.71%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 16.49g (6%), Sugar: 2.78g (3.08%), Cholesterol: 0mg (0%), Sodium: 189.14mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.93%), Vitamin K: 35.3µg (33.62%), Vitamin C: 13.82mg (16.76%), Potassium: 458.45mg (13.1%), Manganese: 0.25mg (12.54%), Fiber: 2.99g (11.98%), Vitamin E: 1.3mg (8.65%), Vitamin B3: 1.65mg (8.24%), Iron: 1.22mg (6.8%), Phosphorus: 67.53mg (6.75%), Vitamin B1: 0.09mg (6.04%), Copper: 0.12mg (6%), Vitamin B6: 0.12mg (5.8%), Folate: 20.21µg (5.05%), Magnesium: 19.22mg (4.8%), Vitamin B5: 0.39mg (3.94%), Calcium: 37.22mg (3.72%), Zinc: 0.3mg (2%), Vitamin B2: 0.03mg (1.9%), Vitamin A: 66.8IU (1.34%)