



## Funked Out Leek and Pancetta Hash

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

### Ingredients

- 3 leeks washed and cut in half moons
- 2 tablespoons olive oil
- 0.3 pound pancetta cut into small chunks
- 2 tablespoons parsley leaves chopped
- 4 servings freshly cracked pepper black
- 1 pound bliss potatoes red
- 1 tablespoon pepper flakes red to taste
- 4 servings salt

- 2 tablespoons paprika smoked
- 2 tablespoons thyme leaves chopped

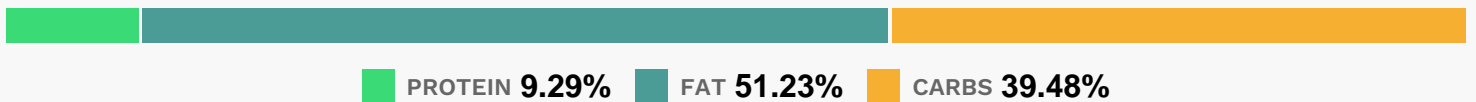
## Equipment

- frying pan
- pot

## Directions

- Cut the red potatoes in half. Bring a medium pot of salted water to a boil over medium heat.
- Add the potatoes and cook until tender, approximately 10 minutes.
- Drain the potatoes and set aside.
- In a large saute pan over medium-high heat, add the oil.
- Add the pancetta and cook until crisp, about 3 to 4 minutes. Stir in the leeks and cook until softened, about 1 to 2 minutes.
- Add the potatoes and toss well to combine. Stir in the smoked paprika and red pepper flakes and cook for 5 minutes.
- Mix well, then add the fresh herbs. Season the hash, to taste, with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:59.94, Glycemic Load:17.45, Inflammation Score:-10, Nutrition Score:21.632608994194%

## Flavonoids

Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 328.15kcal (16.41%), Fat: 19.37g (29.8%), Saturated Fat: 4.94g (30.85%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 27.39g (9.96%), Sugar: 4.01g (4.46%), Cholesterol: 18.71mg (6.24%), Sodium: 438.39mg

(19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.8%), Vitamin A: 3777.68IU (75.55%), Vitamin K: 75.63µg (72.03%), Vitamin C: 38.66mg (46.86%), Vitamin B6: 0.7mg (34.83%), Manganese: 0.66mg (33.2%), Fiber: 6.2g (24.78%), Iron: 4.27mg (23.74%), Vitamin E: 3.55mg (23.68%), Potassium: 806.32mg (23.04%), Folate: 67.77µg (16.94%), Vitamin B3: 3.28mg (16.39%), Magnesium: 64.16mg (16.04%), Vitamin B1: 0.23mg (15.27%), Phosphorus: 150.84mg (15.08%), Copper: 0.28mg (14.17%), Selenium: 7.34µg (10.49%), Vitamin B2: 0.16mg (9.4%), Calcium: 86.59mg (8.66%), Vitamin B5: 0.72mg (7.16%), Zinc: 1.07mg (7.12%), Vitamin B12: 0.14µg (2.36%)