



Grandma's Hash Browns



Vegetarian



Gluten Free



Low Fod Map

READY IN



800 min.

SERVINGS



8

CALORIES



342 kcal

SIDE DISH

Ingredients



4 tablespoons butter



1 teaspoon ground pepper black



8 large russet potatoes peeled



1 tablespoon salt

Equipment



frying pan

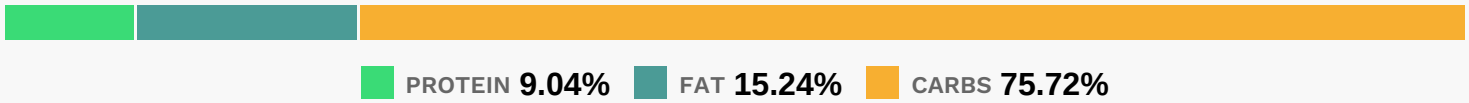


sauce pan

Directions

- ☐ In a large saucepan, cover potatoes with water. Bring water to a boil and cook until tender, about 20 minutes.
- ☐ Let cool in refrigerator overnight.
- ☐ The next morning, heat butter in a large skillet or frying pan. Shred potatoes and add to pan. Season with salt and pepper. Cook until golden brown on bottom, flip and brown on other side.

Nutrition Facts



Properties

Glycemic Index:20.84, Glycemic Load:52.48, Inflammation Score:-5, Nutrition Score:15.653913138353%

Nutrients (% of daily need)

Calories: 342.33kcal (17.12%), Fat: 5.98g (9.2%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 66.84g (22.28%), Net Carbohydrates: 61.98g (22.54%), Sugar: 2.29g (2.55%), Cholesterol: 15.05mg (5.02%), Sodium: 935.57mg (40.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Vitamin B6: 1.27mg (63.7%), Potassium: 1543.91mg (44.11%), Manganese: 0.61mg (30.67%), Vitamin C: 21.03mg (25.49%), Magnesium: 85.46mg (21.36%), Phosphorus: 205.02mg (20.5%), Vitamin B1: 0.3mg (20.21%), Fiber: 4.86g (19.44%), Copper: 0.38mg (19.2%), Vitamin B3: 3.82mg (19.12%), Iron: 3.21mg (17.81%), Folate: 51.91µg (12.98%), Vitamin B5: 1.12mg (11.22%), Vitamin B2: 0.12mg (7.33%), Zinc: 1.08mg (7.21%), Vitamin K: 7.54µg (7.18%), Calcium: 51.3mg (5.13%), Vitamin A: 179.99IU (3.6%), Selenium: 1.56µg (2.23%), Vitamin E: 0.2mg (1.35%)