



## Greek Cowboy Hash and Eggs

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



638 kcal

SIDE DISH

### Ingredients

- 0.5 avocado sliced
- 1 tablespoon chipotle chile powder
- 4 eggs
- 0.5 cup feta cheese crumbled
- 0.3 cup cilantro leaves fresh chopped
- 4 cloves garlic minced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin

- 2 servings salt and ground pepper black to taste
- 2 tablespoons olive oil
- 1 onion red chopped
- 1 large sweet potatoes and into peeled cut into 1/4-inch cubes

## Equipment

- bowl
- frying pan

## Directions

- Heat 2 tablespoons olive oil in a skillet over medium heat. Cook the potatoes in the heated oil until they begin to soften, about 5 minutes.
- Add the onion and garlic; continue cooking until the onions sweat and begin to caramelize. Season with chipotle chile powder, cumin, coriander, salt, and pepper; stir.
- Transfer to a bowl and cover with a plate to retain the heat.
- Pour 2 tablespoons olive oil into the skillet and return to medium heat. Crack the eggs into the heated oil and cook until they begin to turn opaque; flip and continue cooking until no clear white remains. (Don't overcook the eggs -- the best part of this meal is the smoothness that the yolk adds to the mix).
- Place the cooked eggs atop the potato mixture. Top with cilantro, feta cheese, and avocado to serve.

## Nutrition Facts



## Properties

Glycemic Index:125.5, Glycemic Load:19.37, Inflammation Score:-10, Nutrition Score:33.007391432057%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg

Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg  
Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg,  
Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin:  
0.16mg, Myricetin: 0.16mg Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg

## **Nutrients (% of daily need)**

Calories: 638.28kcal (31.91%), Fat: 38.72g (59.57%), Saturated Fat: 10.94g (68.35%), Carbohydrates: 54.01g (18%),  
Net Carbohydrates: 41.76g (15.19%), Sugar: 13.26g (14.73%), Cholesterol: 360.73mg (120.25%), Sodium: 662.31mg  
(28.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.34%), Vitamin A: 24974.56IU (499.49%),  
Vitamin B2: 0.92mg (54.04%), Selenium: 35.33µg (50.47%), Fiber: 12.25g (48.98%), Vitamin B6: 0.94mg (47.05%),  
Phosphorus: 441.97mg (44.2%), Manganese: 0.79mg (39.5%), Vitamin B5: 3.89mg (38.86%), Calcium: 333.02mg  
(33.3%), Potassium: 1108.1mg (31.66%), Folate: 124.75µg (31.19%), Vitamin E: 4.59mg (30.6%), Vitamin K: 29.72µg  
(28.3%), Copper: 0.49mg (24.56%), Iron: 4.26mg (23.69%), Vitamin B12: 1.42µg (23.62%), Magnesium: 89.41mg  
(22.35%), Zinc: 3.32mg (22.11%), Vitamin B1: 0.31mg (20.44%), Vitamin C: 15.87mg (19.24%), Vitamin D: 1.91µg  
(12.73%), Vitamin B3: 2.46mg (12.28%)