

 17%
HEALTH SCORE

Ham and Cheese Hash Browns

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



442 kcal

SIDE DISH

Ingredients

- 0.5 cup artichoke hearts canned drained chopped quartered
- 0.1 teaspoon pepper black
- 0.3 cup fat-skimmed beef broth fat-free
- 0.3 cup spring onion chopped
- 3 cups hash browns frozen with onions and peppers (such as ore-ida potatoes o'brien)
- 2 ounces monterrey jack cheese shredded
- 3 ounces ham smoked cut into bite-sized pieces

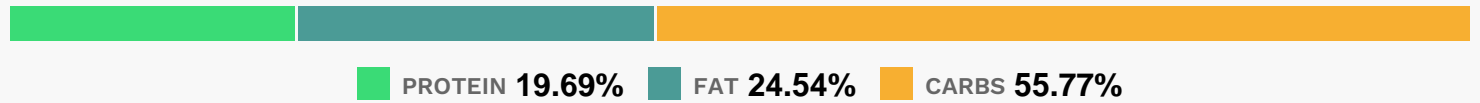
Equipment

microwave

Directions

- Combine potatoes and chicken broth in a 1-quart microwave-safe casserole. Cover with lid, and microwave at HIGH 12 minutes, stirring after 6 minutes.
- Uncover dish. Stir in 1/2 cup artichoke hearts, green onions, 1/8 teaspoon black pepper, and ham.
- Sprinkle with cheese. Microwave, uncovered, at HIGH 1 minute.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:16.19, Inflammation Score:-5, Nutrition Score:17.274347795093%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 442.49kcal (22.12%), Fat: 12.17g (18.72%), Saturated Fat: 6.45g (40.33%), Carbohydrates: 62.2g (20.73%), Net Carbohydrates: 55.39g (20.14%), Sugar: 1.55g (1.72%), Cholesterol: 45.64mg (15.21%), Sodium: 1400.71mg (60.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.96g (43.92%), Phosphorus: 381.99mg (38.2%), Vitamin C: 28.18mg (34.16%), Potassium: 1082.19mg (30.92%), Vitamin B3: 5.55mg (27.73%), Fiber: 6.8g (27.21%), Calcium: 258.31mg (25.83%), Vitamin K: 26.79µg (25.51%), Manganese: 0.5mg (25.16%), Iron: 4.09mg (22.74%), Copper: 0.44mg (22.11%), Vitamin B1: 0.32mg (21.3%), Zinc: 2.34mg (15.6%), Vitamin B6: 0.31mg (15.49%), Magnesium: 58.58mg (14.64%), Vitamin B5: 1.13mg (11.34%), Vitamin B2: 0.17mg (10.17%), Selenium: 5.97µg (8.53%), Vitamin A: 343.32IU (6.87%), Folate: 26.1µg (6.53%), Vitamin B12: 0.31µg (5.18%), Vitamin D: 0.17µg (1.13%)