



Ham and Potato Hash



Gluten Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 small onion finely chopped
- ☐ 0.5 bell pepper green finely chopped
- ☐ 2 medium potatoes peeled
- ☐ 1 cup ham diced cooked finely
- ☐ 0.3 teaspoon salt to taste
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.3 teaspoon thyme leaves dried crumbled

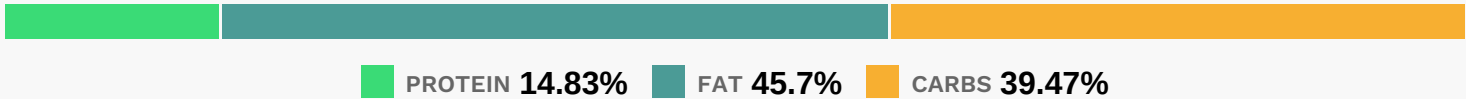
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cut the potatoes in half, cook in a saucepan of simmering water until not quite done and still firm, about 10 minutes. Rinse in cold water to stop cooking.
- ☐ Drain. Dice to 1/2-inch thick pieces. Set aside.
- ☐ Cook the onion and bell pepper in butter: Melt butter in a large cast-iron* skillet over medium low to medium heat.
- ☐ Add onion, cook until softened, about 4 minutes.
- ☐ Add the chopped bell pepper, cook another 2 minutes.
- ☐ Add remaining ingredients; mix well. Cook hash until well browned, about 10 minutes, stirring occasionally.
- ☐ *The hash will brown better in a cast iron pan than in a stick-free pan.

Nutrition Facts



Properties

Glycemic Index:33.79, Glycemic Load:9.36, Inflammation Score:-4, Nutrition Score:6.8221739064092%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 139.79kcal (6.99%), Fat: 7.21g (11.09%), Saturated Fat: 3.95g (24.68%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 12.06g (4.38%), Sugar: 1.29g (1.44%), Cholesterol: 28.8mg (9.6%), Sodium: 364.49mg (15.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Vitamin C: 27.23mg (33.01%), Vitamin B6: 0.29mg (14.72%), Vitamin B1: 0.17mg (11.22%), Potassium: 388.81mg (11.11%), Phosphorus: 102.66mg (10.27%), Fiber: 1.95g (7.82%), Manganese: 0.15mg (7.67%), Vitamin B3: 1.48mg (7.42%), Selenium: 4.07µg (5.82%), Magnesium:

22.75mg (5.69%), Copper: 0.11mg (5.51%), Vitamin B12: 0.28µg (4.62%), Iron: 0.83mg (4.61%), Vitamin B2: 0.08mg (4.48%), Zinc: 0.67mg (4.45%), Vitamin A: 215.09IU (4.3%), Vitamin B5: 0.41mg (4.07%), Folate: 15.46µg (3.87%), Vitamin K: 3.4µg (3.24%), Calcium: 16.04mg (1.6%), Vitamin E: 0.21mg (1.41%)