



Ham Hash With Sweet Potatoes & Thyme

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



500 kcal

SIDE DISH

Ingredients

- 1 tablespoon dijon mustard
- 2 tablespoons parsley fresh chopped
- 1 pound ham cut into 1/2-inch dice
- 2 tablespoons catsup
- 2 tablespoons olive oil
- 1 large onion cut into 1/2-inch dice
- 1 pound potatoes cut into 1/2-inch dice
- 4 servings salt and pepper black freshly ground

- 0.5 pound sweet potatoes cut into 1/2-inch dice
- 0.5 teaspoon thyme leaves dried

Equipment

- bowl
- frying pan
- baking sheet

Directions

- Heat 2 Tbs. oil over low heat in a 12-inch non-stick skillet (so potatoes don't stick). While skillet heats, prepare onion and ham as directed above. A few minutes before cooking, increase heat to medium-high. When oil starts to send up wisps of smoke, add onion and ham; cook, stirring often, until golden brown, 7 to 8 minutes. Meanwhile, dice potatoes and toss with remaining oil.
- Transfer ham mixture to a bowl and reserve.
- Add potatoes to empty skillet; cook, stirring only occasionally so they form a golden-brown crust, about 10 minutes. As potatoes cook, mix ketchup, mustard, dried thyme, fresh parsley and 2 Tbs. of water. (Recipe can be prepared to this point up to 2 hours ahead.)
- Spread hot potatoes on a large lipped cookie sheet; cover when cool. Return skillet to medium-high; add potatoes and re-crisp.)
- Return reserved ham mixture to skillet; stir in ketchup mixture, then season with salt and pepper. Cook, stirring frequently, until hash has nicely browned, about 5 minutes longer.

Nutrition Facts

 PROTEIN **22.72%**  FAT **47.47%**  CARBS **29.81%**

Properties

Glycemic Index:77.44, Glycemic Load:20.96, Inflammation Score:-10, Nutrition Score:26.492608650871%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.33mg,

Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 499.6kcal (24.98%), Fat: 26.34g (40.53%), Saturated Fat: 7.82g (48.86%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 32.08g (11.67%), Sugar: 6.51g (7.24%), Cholesterol: 70.31mg (23.44%), Sodium: 1496.1mg (65.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.37g (56.75%), Vitamin A: 8268.95IU (165.38%), Vitamin B1: 0.84mg (56.24%), Vitamin B6: 0.95mg (47.32%), Selenium: 27.94µg (39.92%), Vitamin K: 40.78µg (38.84%), Vitamin C: 29.86mg (36.19%), Phosphorus: 352.42mg (35.24%), Vitamin B3: 6.77mg (33.87%), Potassium: 1088.25mg (31.09%), Zinc: 3.26mg (21.72%), Manganese: 0.43mg (21.37%), Vitamin B2: 0.35mg (20.58%), Fiber: 5.14g (20.57%), Magnesium: 69.9mg (17.47%), Copper: 0.33mg (16.58%), Iron: 2.6mg (14.43%), Vitamin B5: 1.38mg (13.79%), Vitamin B12: 0.73µg (12.1%), Vitamin E: 1.72mg (11.47%), Folate: 39.01µg (9.75%), Calcium: 54.95mg (5.5%), Vitamin D: 0.79µg (5.29%)