



Ham 'n' Broccoli Hash

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



352 kcal

SIDE DISH

Ingredients

- 2 cups broccoli florets fresh
- 2 cups finely-chopped ham cubed fully cooked
- 4 cups potatoes frozen
- 0.5 teaspoon salt
- 3 tablespoons vegetable oil

Equipment

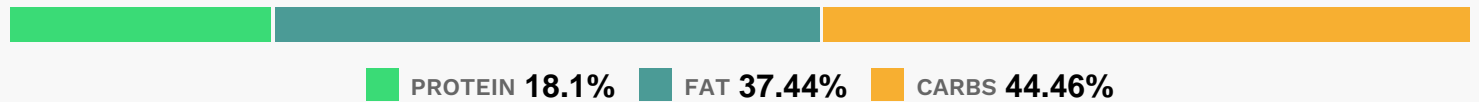
- bowl
- frying pan

spatula

Directions

- In a bowl, combine potatoes, ham and salt. In a large nonstick skillet, heat oil over medium-high heat.
- Add potato mixture and flatten with a spatula.
- Cover and cook for 2 minutes.
- Sprinkle with broccoli. Cover and cook 6–8 minutes longer or until potatoes are tender and lightly browned, stirring occasionally.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:27.44, Inflammation Score:-7, Nutrition Score:23.068260669708%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 351.52kcal (17.58%), Fat: 14.86g (22.87%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 33.91g (12.33%), Sugar: 2.41g (2.68%), Cholesterol: 41.24mg (13.75%), Sodium: 970.88mg (42.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.17g (32.34%), Vitamin C: 95.12mg (115.3%), Vitamin K: 69.16µg (65.86%), Vitamin B6: 0.84mg (42.19%), Potassium: 1186.71mg (33.91%), Vitamin B1: 0.5mg (33.32%), Phosphorus: 314.71mg (31.47%), Fiber: 5.8g (23.21%), Vitamin B3: 4.51mg (22.56%), Manganese: 0.44mg (22.21%), Selenium: 12.96µg (18.51%), Magnesium: 69.73mg (17.43%), Folate: 63.96µg (15.99%), Copper: 0.31mg (15.69%), Vitamin B2: 0.25mg (14.99%), Vitamin B5: 1.38mg (13.76%), Zinc: 2.06mg (13.71%), Iron: 2.45mg (13.64%), Vitamin B12: 0.8µg (13.28%), Vitamin E: 1.21mg (8.07%), Vitamin A: 287.67IU (5.75%), Calcium: 50.15mg (5.02%)