



Hamburger Hash

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

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

Ingredients

- 2 tablespoons beef bouillon from cube
- 1 pound ground beef
- 1 large onion chopped
- 1 pound potatoes cut into small chunks
- 4 servings water to cover

Equipment

- sauce pan

Directions

- Brown beef and onion in a large saucepan until meat is no longer pink.
- Add potatoes, bouillon and water to cover.
- Cover saucepan, lower heat and let simmer for 30 minutes, or until potatoes are tender and water has reduced/evaporated.

Nutrition Facts

PROTEIN 22.96% **FAT 52.99%** **CARBS 24.05%**

Properties

Glycemic Index:27.69, Glycemic Load:15.28, Inflammation Score:-4, Nutrition Score:16.048260846702%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 390.87kcal (19.54%), Fat: 22.84g (35.13%), Saturated Fat: 8.75g (54.72%), Carbohydrates: 23.32g (7.77%), Net Carbohydrates: 20.18g (7.34%), Sugar: 2.47g (2.75%), Cholesterol: 80.51mg (26.84%), Sodium: 123.61mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.52%), Vitamin B12: 2.43µg (40.53%), Vitamin B6: 0.75mg (37.33%), Zinc: 5.16mg (34.38%), Vitamin B3: 6.09mg (30.45%), Vitamin C: 25.11mg (30.44%), Phosphorus: 255.64mg (25.56%), Selenium: 17.59µg (25.13%), Potassium: 842.32mg (24.07%), Iron: 3.18mg (17.64%), Magnesium: 51.62mg (12.91%), Vitamin B2: 0.22mg (12.69%), Fiber: 3.13g (12.53%), Copper: 0.24mg (12.21%), Manganese: 0.23mg (11.7%), Vitamin B1: 0.16mg (10.46%), Vitamin B5: 0.95mg (9.53%), Folate: 33.35µg (8.34%), Calcium: 50.19mg (5.02%), Vitamin K: 4.35µg (4.14%), Vitamin E: 0.48mg (3.23%)