



Hamburger Hash

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



552 kcal

SIDE DISH

Ingredients

- ☐ 3 small baking potatoes
- ☐ 0.5 teaspoon pepper black
- ☐ 8 eggs
- ☐ 0.8 pound ground round lean
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 1 small onion finely chopped (1 scant cup)
- ☐ 3 tablespoons butter unsalted

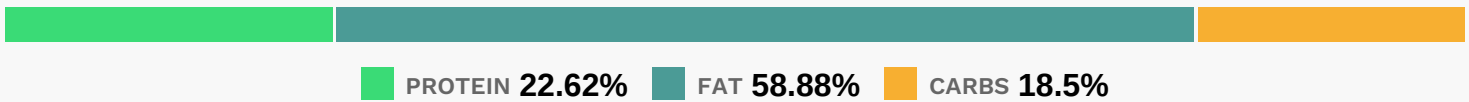
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 400F. Prick potatoes with a fork and bake for about 30 minutes, until fork tender. Peel if desired, and cut into 1/2-inch dice.
- ☐ Heat a heavy 9- or 10-inch skillet over medium heat until hot.
- ☐ Add beef and break up with a wooden spoon. Season with 1/4 tsp. salt. Cook until browned, about 6 minutes; transfer to a plate.
- ☐ Add 1 Tbsp. oil to skillet.
- ☐ Add onion and cook, stirring, until softened, about 4 minutes.
- ☐ Add potatoes, 1 Tbsp. butter and remaining oil. Season with 1/2 tsp. salt and 1/4 tsp. pepper and cook, turning occasionally, until potatoes are golden and crisp, about 5 minutes. Return cooked ground beef to pan and cook until heated through.
- ☐ Melt 1 Tbsp. butter in a nonstick skillet. Crack 4 eggs into pan, season with 1/8 tsp. salt and pepper, and fry. Repeat with remaining butter, eggs, salt and pepper.
- ☐ Serve 2 eggs with each portion of hash.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:18.51, Inflammation Score:-5, Nutrition Score:22.840000111124%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 551.98kcal (27.6%), Fat: 36.02g (55.41%), Saturated Fat: 13.09g (81.83%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 23.46g (8.53%), Sugar: 1.87g (2.07%), Cholesterol: 405.22mg (135.07%), Sodium: 770.95mg (33.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.13g (62.27%), Selenium: 41.85µg (59.79%), Vitamin B6: 0.93mg (46.27%), Vitamin B12: 2.68µg (44.68%), Phosphorus: 408.84mg (40.88%), Zinc: 5.62mg (37.48%), Vitamin B2: 0.59mg (34.45%), Vitamin B3: 5.73mg (28.63%), Potassium: 957.74mg (27.36%), Iron: 4.67mg (25.94%), Vitamin B5: 2.28mg (22.75%), Vitamin E: 2.97mg (19.8%), Folate: 68µg (17%), Magnesium: 59.3mg (14.82%), Vitamin A: 740.59IU (14.81%), Manganese: 0.29mg (14.48%), Copper: 0.27mg (13.41%), Vitamin D: 2µg (13.35%), Vitamin B1: 0.18mg (12.29%), Vitamin C: 8.56mg (10.38%), Vitamin K: 10.77µg (10.26%), Calcium: 84.18mg (8.42%), Fiber: 2.02g (8.07%)