



Hamburger Hash Skillet Supper

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



264 kcal

SIDE DISH

Ingredients

- 1 lb ground beef lean
- 1 lb potatoes diced refrigerated with onions
- 0.5 cup onion red chopped
- 0.3 cup whipping cream
- 1 tablespoon worcestershire sauce
- 1 teaspoon celery salt
- 0.3 teaspoon pepper
- 1.3 cups tomatoes chopped

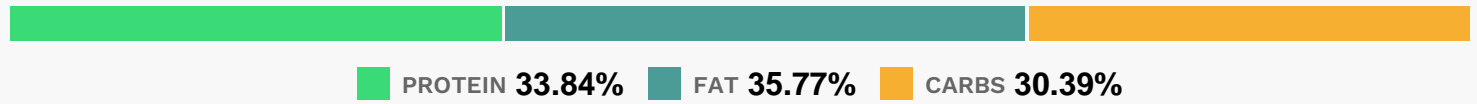
Equipment

- bowl
- frying pan

Directions

- In 12-inch nonstick skillet, cook ground beef, potatoes and red onion over medium heat for 10 to 15 minutes or until beef is thoroughly cooked and potatoes are tender, stirring frequently.
- Drain well.
- In medium bowl, combine cream, Worcestershire sauce, celery salt and pepper; blend well. Stir into beef mixture. Cook an additional 2 to 5 minutes or until mixture is bubbly around edges, stirring frequently. Gently stir in tomatoes.

Nutrition Facts



Properties

Glycemic Index:36.15, Glycemic Load:12.32, Inflammation Score:-6, Nutrition Score:15.845652341843%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 264.06kcal (13.2%), Fat: 10.44g (16.06%), Saturated Fat: 5.73g (35.83%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 17.22g (6.26%), Sugar: 3.17g (3.52%), Cholesterol: 74.17mg (24.72%), Sodium: 581.42mg (25.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.22g (44.44%), Vitamin B12: 2.06µg (34.29%), Vitamin B6: 0.68mg (33.9%), Zinc: 5.02mg (33.45%), Vitamin B3: 6.22mg (31.08%), Vitamin C: 24.7mg (29.93%), Phosphorus: 256.31mg (25.63%), Potassium: 851.15mg (24.32%), Selenium: 16.64µg (23.77%), Iron: 3.21mg (17.84%), Vitamin B2: 0.22mg (12.99%), Magnesium: 48.26mg (12.06%), Manganese: 0.23mg (11.25%), Vitamin A: 548.9IU (10.98%), Fiber: 2.74g (10.96%), Copper: 0.21mg (10.31%), Vitamin B5: 0.95mg (9.46%), Vitamin B1: 0.14mg (9.1%), Folate: 28.6µg (7.15%), Vitamin K: 5.71µg (5.44%), Calcium: 41.3mg (4.13%), Vitamin E: 0.62mg (4.11%), Vitamin D: 0.34µg (2.3%)