

Hammy Hash

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



253 kcal

SIDE DISH

Ingredients

- 2 cups ham diced
- 2 tablespoons olive oil
- 1 onion chopped
- 0.3 cup parsley chopped
- 6 servings salt and pepper to taste
- 1 cup cup heavy whipping cream sour
- 4 yukon gold potatoes cubed peeled

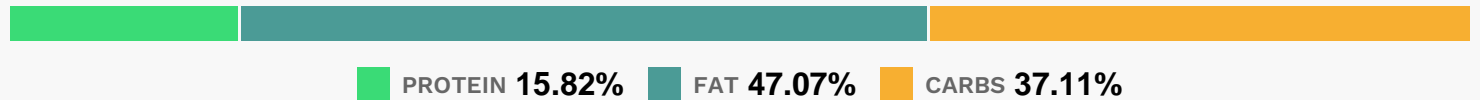
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Place potatoes in a medium saucepan and cover with water. Bring to a boil, reduce heat to a simmer, and cook until potatoes are tender.
- Drain and set aside.
- Heat 2 tablespoons oil in a large skillet over medium-high heat. Stir in onion and cook until onions are golden in color, about 8 minutes.
- Add the ham and continue to cook and stir until the ham begins to brown.
- Transfer to a bowl and set aside.
- Heat remaining 2 tablespoons oil in the same skillet.
- Add the drained potatoes and saute until browned. Season with salt and pepper to taste. Stir in ham mixture and the parsley. Cook all together for a few more minutes and serve hot, topped with dollops of sour cream.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:14.9, Inflammation Score:-5, Nutrition Score:9.883478221686%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 253.37kcal (12.67%), Fat: 13.6g (20.92%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 21.23g (7.72%), Sugar: 3.67g (4.07%), Cholesterol: 42.97mg (14.32%), Sodium: 710.06mg (30.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.57%), Vitamin K: 46.61µg (44.39%),

Vitamin C: 27.35mg (33.16%), Vitamin B6: 0.37mg (18.72%), Potassium: 565.75mg (16.16%), Fiber: 2.89g (11.55%), Manganese: 0.21mg (10.29%), Phosphorus: 100.5mg (10.05%), Vitamin A: 452.05IU (9.04%), Magnesium: 32.99mg (8.25%), Iron: 1.38mg (7.65%), Vitamin B1: 0.11mg (7.26%), Copper: 0.14mg (7.02%), Folate: 27.72µg (6.93%), Vitamin B3: 1.28mg (6.42%), Vitamin B2: 0.11mg (6.36%), Calcium: 60.15mg (6.01%), Vitamin E: 0.85mg (5.68%), Vitamin B5: 0.5mg (4.97%), Zinc: 0.51mg (3.42%), Selenium: 1.85µg (2.65%), Vitamin B12: 0.08µg (1.34%)