



 7%  
HEALTH SCORE

## Harvest Hash

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

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

SIDE DISH

### Ingredients

- 2 sweet potatoes and into (peeled cut into cubes)
- 6 bacon (thick cut cut into pieces)
- 4 servings onion (diced red)
- 2 apples (crisp cut into chunks)
- 4 servings olive oil extra virgin (extra virgin olive oil)
- 4 servings kosher salt

### Equipment

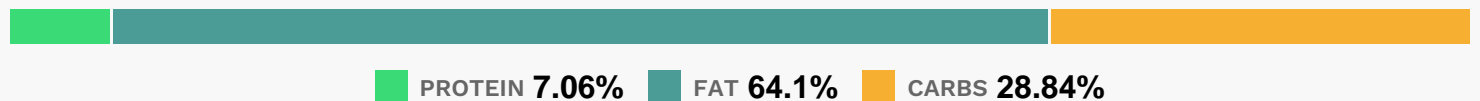
- bowl

- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 400 degrees.
- In a large bowl add the yams then drizzle with oil and sprinkle with some salt. Toss to coat then arrange on a baking sheet. Roast the yams until tender but not mushy, 10–15 minutes. Take out of the oven and set aside. Coat a large frying pan with olive oil; add the bacon and cook over medium heat just until it starts to get crisp then add in the onion. Saut until the onions are soft and tender, add the apples and cook for another 3–4 minutes. Stir in the yams and cook just until they start to get a little crisp around the edges about 6–8 minutes.
- Serve along with the ham steak and enjoy all the flavors of fall!

## Nutrition Facts



## Properties

Glycemic Index:29.25, Glycemic Load:14.56, Inflammation Score:-10, Nutrition Score:15.008695652174%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

## Nutrients (% of daily need)

Calories: 493.84kcal (24.69%), Fat: 35.64g (54.84%), Saturated Fat: 9.16g (57.24%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 30.49g (11.09%), Sugar: 14.23g (15.81%), Cholesterol: 35.64mg (11.88%), Sodium:

614.65mg (26.72%), Protein: 8.84g (17.67%), Vitamin A: 16100.45IU (322.01%), Fiber: 5.59g (22.36%), Vitamin B6: 0.42mg (20.92%), Vitamin E: 2.71mg (18.04%), Vitamin B1: 0.25mg (16.87%), Potassium: 586.74mg (16.76%), Manganese: 0.33mg (16.56%), Selenium: 11.54µg (16.48%), Vitamin B3: 2.89mg (14.43%), Phosphorus: 141.17mg (14.12%), Vitamin B5: 1.26mg (12.6%), Vitamin K: 12.47µg (11.87%), Copper: 0.22mg (10.92%), Magnesium: 39.39mg (9.85%), Vitamin C: 6.97mg (8.45%), Vitamin B2: 0.14mg (8.04%), Zinc: 1.01mg (6.77%), Iron: 1.1mg (6.12%), Vitamin B12: 0.27µg (4.5%), Calcium: 42.55mg (4.26%), Folate: 15.35µg (3.84%), Vitamin D: 0.22µg (1.44%)