



Hash Brown-Sausage Skillet



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

Ingredients



0.1 teaspoon pepper black



9 ounces mild chicken sausage with habanero chiles and tequila (such as gerhard's), cut into 1/2-inch pieces



1 teaspoon rubbed sage dried



24 ounce hash brown potatoes frozen with onions and peppers (such as ore-ida potatoes o'brien)



0.5 teaspoon paprika



0.3 teaspoon salt



8 ounces sweet potatoes and into shredded peeled



2 teaspoons vegetable oil

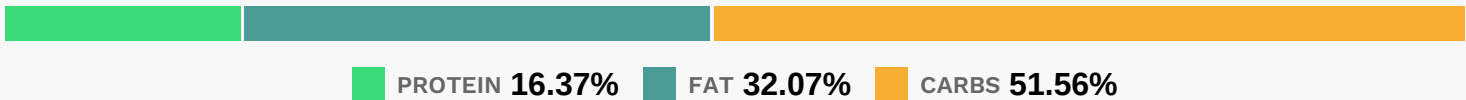
Equipment

☐ frying pan

Directions

- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add chicken sausage, and saut 4 minutes.
- ☐ Remove sausage from pan, and keep warm.
- ☐ Add oil to pan, and heat over medium-high heat until hot.
- ☐ Add sweet potato, paprika, salt, pepper, and hash brown potatoes; cover mixture and cook for 4 minutes. Uncover, and stir well, breaking up any frozen chunks of potato. Stir in sausage; cover and cook 4 minutes. Stir in sage.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:14.25, Inflammation Score:-10, Nutrition Score:13.050000055977%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 336.64kcal (16.83%), Fat: 12.36g (19.02%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 44.74g (14.91%), Net Carbohydrates: 40.54g (14.74%), Sugar: 3.16g (3.51%), Cholesterol: 45.03mg (15.01%), Sodium: 866.67mg (37.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.4%), Vitamin A: 8394.0IU (167.88%), Manganese: 0.41mg (20.39%), Vitamin C: 16.21mg (19.65%), Potassium: 682.68mg (19.51%), Fiber: 4.2g (16.78%), Vitamin B3: 3.17mg (15.87%), Iron: 2.62mg (14.57%), Vitamin B1: 0.21mg (14.02%), Vitamin B6: 0.27mg (13.63%), Copper: 0.26mg (12.85%), Phosphorus: 107.5mg (10.75%), Vitamin B5: 1.01mg (10.1%), Magnesium: 33.55mg (8.39%), Vitamin K: 5.89µg (5.61%), Vitamin B2: 0.06mg (3.63%), Zinc: 0.54mg (3.6%), Calcium: 35.37mg (3.54%), Folate: 13.24µg (3.31%), Vitamin E: 0.41mg (2.71%), Selenium: 0.87µg (1.24%)