



Hash Brown Waffles

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



361 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 eggs lightly beaten
- 1 clove garlic minced
- 0.3 teaspoon ground pepper black
- 1 pound potatoes shredded yellow
- 0.5 teaspoon salt
- 0.3 teaspoon paprika smoked
- 2 tablespoons vegetable oil
- 2 servings water cold to cover

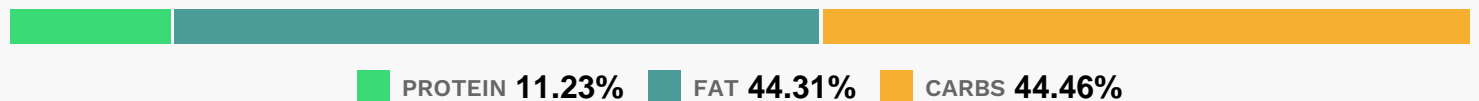
Equipment

- bowl
- kitchen towels
- waffle iron

Directions

- Preheat waffle iron according to manufacturer's instructions. Spray waffle iron with cooking spray.
- Place shredded potatoes in a bowl.
- Pour enough cold water over potatoes to cover; soak for 2 to 3 minutes.
- Drain and rinse to remove starch. Squeeze water out of potatoes by hand or by rolling in a clean kitchen towel and twisting towel to wring out water.
- Toss potatoes with oil, garlic, salt, pepper, and paprika in a bowl until evenly coated. Stir eggs into potato mixture.
- Spoon half the potato mixture into preheated waffle iron; cook until potatoes are tender and golden brown, 5 to 8 minutes. Repeat with remaining potato mixture.

Nutrition Facts



Properties

Glycemic Index:80.38, Glycemic Load:29.18, Inflammation Score:-6, Nutrition Score:17.298695709394%

Flavonoids

Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 361.34kcal (18.07%), Fat: 18.04g (27.75%), Saturated Fat: 3.52g (22%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 35.56g (12.93%), Sugar: 1.97g (2.19%), Cholesterol: 163.68mg (54.56%), Sodium: 669.76mg (29.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.56%), Vitamin C: 45.15mg (54.73%), Vitamin B6: 0.77mg (38.43%), Potassium: 1030.69mg (29.45%), Vitamin K: 30.09µg (28.65%), Phosphorus:

219.87mg (21.99%), Manganese: 0.42mg (21.09%), Fiber: 5.17g (20.69%), Selenium: 14.43µg (20.62%), Vitamin B2: 0.28mg (16.4%), Copper: 0.32mg (16.23%), Magnesium: 61.07mg (15.27%), Iron: 2.65mg (14.72%), Folate: 57.18µg (14.29%), Vitamin B5: 1.36mg (13.65%), Vitamin B1: 0.2mg (13.54%), Vitamin B3: 2.46mg (12.31%), Vitamin E: 1.67mg (11.16%), Zinc: 1.28mg (8.54%), Vitamin A: 366.77IU (7.34%), Vitamin B12: 0.39µg (6.53%), Calcium: 63.71mg (6.37%), Vitamin D: 0.88µg (5.87%)