

Hash Browns

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- 16 ounces black beans drained and rinsed canned
- 1 cup brown rice cooked
- 4 servings creole seasoning
- 0.3 tsp cumin
- 1 tsp chipotle sauce (or chili powder)
- 0.5 bell pepper green chopped
- 2 tbsp ground flaxseed
- 0.3 cup onion chopped

20 inch yukon gold potatoes red

Equipment

baking sheet

baking paper

oven

spatula

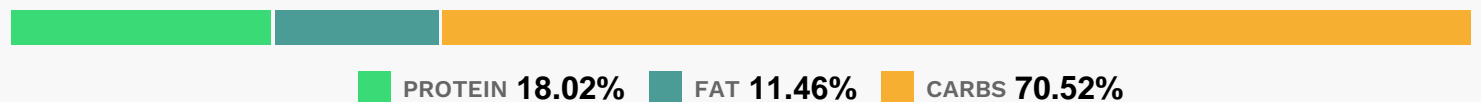
Directions

Cut some small potatoes into 1/2 inch cubes. I used about 10 2-inch diameter organic red potatoes, but you can use yukon gold or whatever. Since I leave the skin on, I wash them extra-well beforehand. When the water's boiling, toss the potato cubes into it and boil for 5 minutes.

Drain the potatoes well, and lightly oil, spray, or otherwise lubricate a cookie sheet (or use a silicon mat or parchment paper).

Spread the potatoes out on the sheet and bake them for about 10 minutes. Then turn them with a spatula and bake for 10 more. Check them for brownness. When they look almost done, you can toss in a handful of chopped bell peppers and onions and cook for 5 more minutes. Or you can skip the peppers and onions altogether, but just take them out before they're burned. While they're still hot, sprinkle them with the seasonings of your choice. I used some hot and spicy powdered seasoning called Pico de Gallo on ours, but my daughter E. doesn't like spicy, so she had celery salt on hers.

Nutrition Facts



Properties

Glycemic Index:60.49, Glycemic Load:7.61, Inflammation Score:-8, Nutrition Score:14.396521806717%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 204.12kcal (10.21%), Fat: 2.68g (4.13%), Saturated Fat: 0.39g (2.47%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 25.88g (9.41%), Sugar: 1.65g (1.84%), Cholesterol: 0mg (0%), Sodium: 440.46mg (19.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.98%), Manganese: 0.98mg (49.03%), Fiber: 11.27g (45.08%), Vitamin C: 19.82mg (24.03%), Magnesium: 83.77mg (20.94%), Folate: 81.72µg (20.43%), Phosphorus: 202.08mg (20.21%), Vitamin B1: 0.3mg (19.76%), Vitamin A: 893.82IU (17.88%), Iron: 3.02mg (16.79%), Copper: 0.34mg (16.79%), Potassium: 552.85mg (15.8%), Vitamin B6: 0.28mg (14.19%), Vitamin B2: 0.18mg (10.43%), Vitamin B3: 1.86mg (9.28%), Zinc: 1.2mg (7.97%), Calcium: 62.92mg (6.29%), Vitamin B5: 0.5mg (4.99%), Vitamin E: 0.67mg (4.47%), Selenium: 2.63µg (3.76%), Vitamin K: 3.15µg (3%)