



HEALTH SCORE

84%

Hash Browns with Italian-Seasoned Tofu



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup carrots chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1.5 tablespoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 20 ounce potatoes diced refrigerated with onion (such as simply potatoes)
- ☐ 1 cup bell pepper red coarsely chopped

- ☐ 0.5 teaspoon salt
- ☐ 8 ounce water-packed baked garlic and herb tofu white italian-style cut into 1/2-inch cubes (such as Wave)

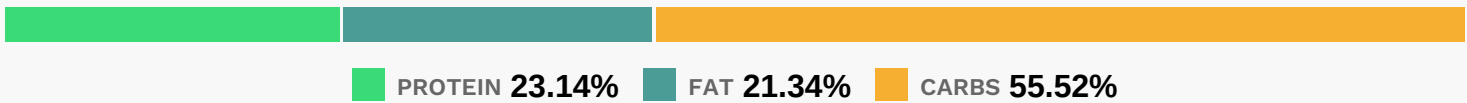
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, carrot, and garlic; saut 4 minutes.
- ☐ Add potatoes, and saut 7 minutes or until lightly browned. Stir in bell pepper, salt, black pepper, and tofu; saut 4 minutes or until thoroughly heated.
- ☐ Remove from heat, and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:70.9, Glycemic Load:20.95, Inflammation Score:-10, Nutrition Score:26.762608673262%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg

Nutrients (% of daily need)

Calories: 255.54kcal (12.78%), Fat: 6.18g (9.51%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 30.25g (11%), Sugar: 6.76g (7.51%), Cholesterol: 20.41mg (6.8%), Sodium: 450.71mg (19.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.17%), Vitamin A: 6717.8IU (134.36%), Vitamin C: 84.83mg (102.82%), Selenium: 39.35µg (56.22%), Vitamin K: 45.27µg (43.12%), Vitamin B6: 0.84mg (41.78%), Vitamin B3: 7.9mg (39.5%), Potassium: 981.01mg (28.03%), Vitamin B12: 1.46µg (24.29%), Fiber: 5.93g (23.72%), Manganese: 0.43mg (21.25%), Phosphorus: 199.26mg (19.93%), Folate: 62.65µg (15.66%), Magnesium: 61.36mg (15.34%), Iron: 2.62mg (14.53%), Vitamin B1: 0.2mg (13.51%), Vitamin E: 1.79mg (11.91%), Copper: 0.23mg (11.58%),

Vitamin B2: 0.16mg (9.49%), Vitamin B5: 0.8mg (7.97%), Zinc: 1.09mg (7.26%), Calcium: 59.09mg (5.91%), Vitamin D: 0.68µg (4.54%)