



How to Make Classic Hash Browns

 Vegetarian  Gluten Free  Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



366 kcal

SIDE DISH

Ingredients

- 1 pinch cayenne pepper to taste
- 3 tablespoons ghee
- 2 servings salt and ground pepper black to taste
- 1 pinch paprika to taste
- 2 russet potatoes peeled

Equipment

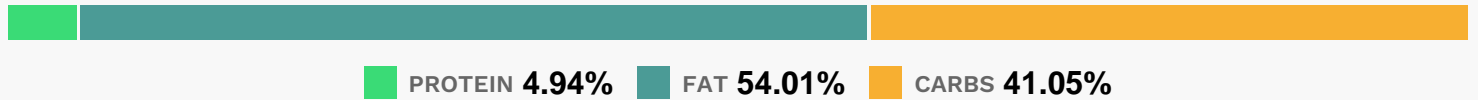
- bowl
- frying pan

paper towels

Directions

- Shred potatoes into a large bowl filled with cold water. Stir until water is cloudy, drain, and cover potatoes again with fresh cold water. Stir again to dissolve excess starch.
- Drain potatoes well, pat dry with paper towels, and squeeze out any excess moisture.
- Heat clarified butter in a large non-stick pan over medium heat.
- Sprinkle shredded potatoes into the hot butter and season with salt, black pepper, cayenne pepper, and paprika.
- Cook potatoes until a brown crust forms on the bottom, about 5 minutes. Continue to cook and stir until potatoes are browned all over, about 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:81.88, Glycemic Load:30.29, Inflammation Score:-2, Nutrition Score:8.9391304733961%

Nutrients (% of daily need)

Calories: 365.92kcal (18.3%), Fat: 22.57g (34.73%), Saturated Fat: 13.99g (87.42%), Carbohydrates: 38.61g (12.87%), Net Carbohydrates: 35.78g (13.01%), Sugar: 1.33g (1.48%), Cholesterol: 57.6mg (19.2%), Sodium: 11.17mg (0.49%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.64g (9.29%), Vitamin B6: 0.74mg (36.87%), Potassium: 891.69mg (25.48%), Manganese: 0.35mg (17.45%), Vitamin C: 12.18mg (14.76%), Magnesium: 49.33mg (12.33%), Phosphorus: 117.61mg (11.76%), Vitamin B1: 0.18mg (11.67%), Fiber: 2.83g (11.3%), Vitamin B3: 2.22mg (11.08%), Copper: 0.22mg (11.06%), Iron: 1.86mg (10.31%), Folate: 29.91µg (7.48%), Vitamin B5: 0.64mg (6.44%), Vitamin B2: 0.07mg (4.21%), Zinc: 0.62mg (4.15%), Vitamin K: 4.08µg (3.88%), Calcium: 28.32mg (2.83%), Selenium: 0.86µg (1.23%)