



Hunter's Hash

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

SIDE DISH

Ingredients

- 1 pound ground beef lean
- 1 large onion diced
- 4 large potatoes diced peeled
- 4 servings salt and pepper to taste
- 10 fluid ounce worcestershire sauce

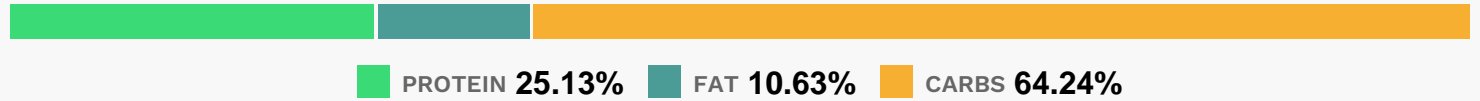
Equipment

- sauce pan

Directions

- Brown beef and onion in a large saucepan over medium high heat until meat is no longer pink.
- Drain fat, add potatoes and Worcestershire sauce. Season with salt and pepper to taste.
- Reduce heat to medium low, cover and simmer for 30 minutes, or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:47.96, Inflammation Score:-7, Nutrition Score:33.666521564774%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg

Nutrients (% of daily need)

Calories: 511.41kcal (25.57%), Fat: 6.04g (9.29%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 82.16g (27.39%), Net Carbohydrates: 73.4g (26.69%), Sugar: 11.86g (13.18%), Cholesterol: 70.31mg (23.44%), Sodium: 1253.3mg (54.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.14g (64.29%), Vitamin C: 85.08mg (103.13%), Vitamin B6: 1.58mg (78.9%), Potassium: 2592.04mg (74.06%), Vitamin B3: 10.68mg (53.4%), Iron: 9.58mg (53.2%), Phosphorus: 490.09mg (49.01%), Zinc: 7.05mg (46.98%), Vitamin B12: 2.54µg (42.34%), Fiber: 8.76g (35.02%), Copper: 0.65mg (32.42%), Manganese: 0.62mg (31.24%), Magnesium: 123.18mg (30.8%), Selenium: 21.4µg (30.57%), Vitamin B1: 0.41mg (27.38%), Vitamin B2: 0.41mg (23.93%), Folate: 77.75µg (19.44%), Vitamin B5: 1.87mg (18.66%), Calcium: 142.33mg (14.23%), Vitamin K: 8.24µg (7.85%), Vitamin E: 0.42mg (2.81%), Vitamin A: 66.53IU (1.33%)