



## Jumbo Lump Crab Hash With Poached Eggs

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

### Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings canola oil
- ☐ 4 servings chives
- ☐ 4 servings eggs
- ☐ 1 cloves garlic
- ☐ 4 servings kosher salt
- ☐ 1 jumbo lump crab meat
- ☐ 4 servings mustard greens

- ☐ 4 servings spring onion
- ☐ 4 servings butter unsalted
- ☐ 4 servings vinegar white
- ☐ 4 servings coarse mustard whole
- ☐ 4 servings yukon gold potatoes

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Put the potatoes in a large pot, cover with cold water, and add 1 tablespoon salt. Bring to a boil over medium heat and par-cook for 5 minutes; the potatoes should hold their shape for sautéing later.
- ☐ Drain and set aside. Preheat a large skillet over medium-high heat.
- ☐ Add 2 tablespoons of the oil and 1 tablespoon of the butter. When the butter is foamy, add the scallion and season with remaining salt and pepper. Cook, stirring, until the scallions soften and start to get some color, about 2 minutes.
- ☐ Add the garlic and potatoes, and crank up the heat to high. The potatoes will absorb the oil, so add the remaining tablespoon of butter and the oil.
- ☐ Add mustard greens and toss, sautéing until bright green, about 2 minutes.
- ☐ Remove from the heat and gently fold in the crab and mustard, stirring until combined and being careful not to break up the crab. Set aside and keep warm while the eggs poach. Fill a wide pot with 2 inches of water and add the vinegar. Bring to a simmer over medium heat. Carefully crack 1 egg into a small cup and gently pour the egg into the water.
- ☐ Add a second egg and poach for roughly 2 minutes, or until just cooked but the yolks are still soft. With a slotted spoon, transfer the eggs to a plate, and blot the bottoms of the eggs dry with paper towels. Repeat with the remaining eggs.
- ☐ Spread hash onto 4 plates and top with 2 eggs each, finishing with the chives

# Nutrition Facts



PROTEIN 10.47% FAT 86.77% CARBS 2.76%

## Properties

Glycemic Index:84.19, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:7.3160870334376%

## Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

## Nutrients (% of daily need)

Calories: 231.32kcal (11.57%), Fat: 22.44g (34.52%), Saturated Fat: 4.99g (31.22%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.43g (0.47%), Cholesterol: 174.54mg (58.18%), Sodium: 315.41mg (13.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.19%), Vitamin K: 27.86µg (26.54%), Selenium: 15.54µg (22.2%), Vitamin E: 3.1mg (20.68%), Vitamin B2: 0.21mg (12.62%), Vitamin A: 500.38IU (10.01%), Phosphorus: 99.72mg (9.97%), Vitamin B5: 0.71mg (7.15%), Vitamin B12: 0.42µg (7.04%), Folate: 26.5µg (6.62%), Vitamin D: 0.95µg (6.37%), Iron: 1.01mg (5.59%), Vitamin B6: 0.1mg (4.91%), Zinc: 0.66mg (4.43%), Manganese: 0.08mg (3.84%), Calcium: 37.84mg (3.78%), Vitamin C: 2.88mg (3.49%), Potassium: 101.98mg (2.91%), Magnesium: 10.49mg (2.62%), Copper: 0.05mg (2.59%), Vitamin B1: 0.03mg (2.31%), Fiber: 0.49g (1.96%)