



Lumberjack Hash

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons butter
- ☐ 2 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 4 ounces 3%-less-sodium ham diced
- ☐ 1 pound hash brown potatoes shredded frozen thawed
- ☐ 3 ounces cheddar cheese shredded reduced-fat
- ☐ 1 cup onion chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vegetable oil

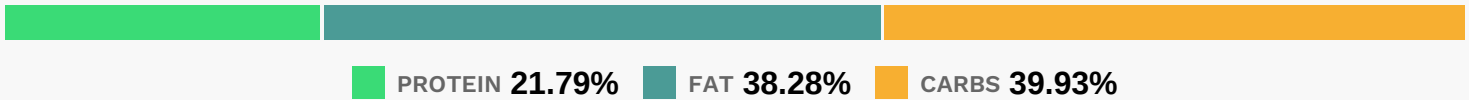
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil and butter in a large nonstick skillet over medium heat.
- ☐ Add onion; cook 5 minutes.
- ☐ Add bell pepper and garlic; cook 3 minutes.
- ☐ Add potatoes, salt, pepper, and ham; cook 16 minutes or until potatoes are golden brown, stirring occasionally. Top with cheese; cook 2 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:6.84, Inflammation Score:-5, Nutrition Score:12.228695662125%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 262.79kcal (13.14%), Fat: 11.34g (17.45%), Saturated Fat: 4.47g (27.97%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 23.63g (8.59%), Sugar: 2.72g (3.02%), Cholesterol: 27.42mg (9.14%), Sodium: 801.36mg (34.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.06%), Vitamin C: 42.68mg (51.73%), Phosphorus: 239.21mg (23.92%), Vitamin B1: 0.33mg (21.73%), Vitamin B6: 0.37mg (18.34%), Vitamin B3: 3.4mg (17.01%), Manganese: 0.33mg (16.28%), Potassium: 551.88mg (15.77%), Selenium: 10.31µg (14.73%), Fiber: 3g (11.98%), Calcium: 119.09mg (11.91%), Iron: 1.71mg (9.51%), Zinc: 1.42mg (9.48%), Copper: 0.19mg (9.42%), Vitamin B2: 0.15mg (8.81%), Magnesium: 29.85mg (7.46%), Vitamin K: 7.79µg (7.42%), Vitamin B5: 0.64mg (6.36%), Vitamin A: 246.62IU (4.93%), Vitamin B12: 0.29µg (4.83%), Folate: 19.21µg (4.8%), Vitamin E: 0.51mg (3.38%), Vitamin D: 0.22µg (1.46%)