



Mexican Chorizo Hash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 6 ounce baby spinach
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 ounces chorizo raw
- ☐ 4 large eggs
- ☐ 2.5 cups hash browns shredded refrigerated (such as Simply Potatoes)
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion

☐ 0.3 cup roasted peppers red coarsely chopped

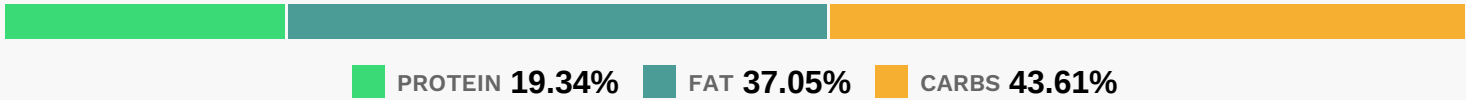
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add chorizo to pan; cook 3 minutes or until browned, stirring to crumble.
- ☐ Add onion, bell peppers, salt, and black pepper; cook 3 minutes, stirring occasionally.
- ☐ Add spinach; stir until spinach wilts.
- ☐ Remove sausage mixture from pan.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add potatoes; cook 8 minutes or until bottom is crisp. Stir in sausage mixture. Make 4 egg-size spaces in pan with a spoon. Crack 1 egg into each space. Cover and cook 4 minutes or until egg yolks are slightly set.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:7.69, Inflammation Score:-10, Nutrition Score:23.259130519369%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.81mg, Quercetin: 9.81mg, Quercetin: 9.81mg, Quercetin: 9.81mg

Nutrients (% of daily need)

Calories: 265.29kcal (13.26%), Fat: 11.1g (17.08%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 25.78g (9.37%), Sugar: 2.06g (2.29%), Cholesterol: 194.86mg (64.95%), Sodium: 545.77mg (23.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.07%), Vitamin K: 207.32µg (197.44%), Vitamin A: 4355.79IU (87.12%), Vitamin C: 29.74mg (36.05%), Manganese: 0.69mg (34.27%), Folate: 120.29µg

(30.07%), Selenium: 16.41µg (23.44%), Potassium: 754.93mg (21.57%), Iron: 3.78mg (21%), Vitamin B2: 0.34mg (20.07%), Phosphorus: 195.27mg (19.53%), Vitamin B6: 0.35mg (17.32%), Magnesium: 59.43mg (14.86%), Fiber: 3.62g (14.49%), Vitamin B1: 0.2mg (13.42%), Vitamin B3: 2.63mg (13.13%), Vitamin B5: 1.27mg (12.74%), Copper: 0.25mg (12.59%), Vitamin E: 1.69mg (11.25%), Calcium: 97.32mg (9.73%), Zinc: 1.23mg (8.22%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)