



Mexican veggie hash

 Vegetarian

READY IN



40 min.

SERVINGS



2

CALORIES



785 kcal

SIDE DISH

Ingredients

- ☐ 280 g potato cut into cubes
- ☐ 2 tbsp butter
- ☐ 2 tbsp olive oil
- ☐ 1 chilli red deseeded sliced finely chopped
- ☐ 1 garlic clove chopped
- ☐ 1 tsp cajun spice
- ☐ 198 g sweetcorn drained and rinsed canned
- ☐ 200 g black bean drained and rinsed well (from a can)

- ☐ 2 eggs
- ☐ 1 avocado ripe chopped

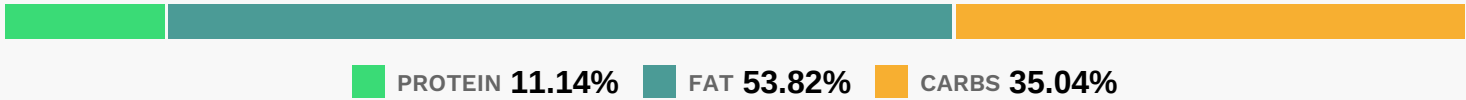
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook the potatoes in boiling salted water for 5 mins, then drain and let steam-dry.
- ☐ Heat half the butter and oil in the pan and fry the potatoes for about 10–15 mins until golden.
- ☐ Add the chopped chilli, garlic, Cajun seasoning, sweetcorn and black beans, and heat through for about 5 mins, then season.
- ☐ Keep warm in a low oven while you fry the eggs in the rest of the butter and oil until cooked to your liking. Divide the potatoes between 2 bowls and top with an egg, some chopped avocado and the sliced chilli.
- ☐ Serve with lime wedges, soured cream and warm tortillas, if you like.

Nutrition Facts



Properties

Glycemic Index:117.75, Glycemic Load:11.86, Inflammation Score:-9, Nutrition Score:29.966521511907%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 785.38kcal (39.27%), Fat: 49.27g (75.8%), Saturated Fat: 13.03g (81.43%), Carbohydrates: 72.17g (24.06%), Net Carbohydrates: 54.2g (19.71%), Sugar: 19.89g (22.1%), Cholesterol: 194.21mg (64.74%), Sodium: 193.35mg (8.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.89%), Vitamin C: 60.35mg (73.15%), Fiber: 17.97g (71.88%), Vitamin B6: 0.87mg (43.31%), Potassium: 1509.2mg (43.12%), Folate: 156.26µg (39.07%), Vitamin K: 39.21µg (37.35%), Vitamin E: 5.48mg (36.55%), Vitamin A: 1790.11IU (35.8%), Vitamin B5: 3.34mg (33.44%), Phosphorus: 320mg (32%), Iron: 5.43mg (30.18%), Manganese: 0.6mg (30.16%), Vitamin B2: 0.47mg (27.74%), Vitamin B3: 5.47mg (27.34%), Copper: 0.5mg (25.02%), Magnesium: 98.85mg (24.71%), Selenium: 15.35µg (21.93%), Vitamin B1: 0.31mg (20.94%), Zinc: 2.43mg (16.17%), Vitamin B12: 0.42µg (6.93%), Calcium: 65.72mg (6.57%), Vitamin D: 0.88µg (5.87%)