



Mustardy Red-Flannel Hash with Smoked Turkey

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 1 cup beets diced canned drained
- ☐ 0.3 teaspoon pepper black
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion diced
- ☐ 3 cups potatoes diced red peeled
- ☐ 3 tablespoons cup heavy whipping cream fat-free sour

- ☐ 0.8 pound turkey breast smoked diced
- ☐ 3 tablespoons water
- ☐ 3 tablespoons whole-grain mustard (such as Maille Dijon a l'Ancienne)
- ☐ 2 teaspoons or dried fresh minced

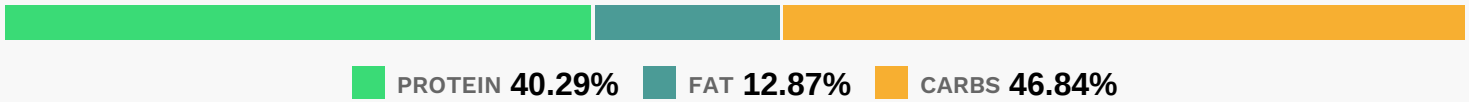
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the diced onion, and saut 5 minutes.
- ☐ Add diced potato, black pepper, and minced garlic, and cook 15 minutes, stirring frequently.
- ☐ Add diced beets, and saut 5 minutes.
- ☐ Add smoked turkey breast, and saut 1 minute.
- ☐ Combine the water, sour cream, mustard, and thyme, and stir into turkey mixture.
- ☐ Remove from heat; cover and let stand 3 minutes.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:14.407826094524%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg

Nutrients (% of daily need)

Calories: 203.34kcal (10.17%), Fat: 3g (4.62%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 21.77g (7.92%), Sugar: 8.92g (9.91%), Cholesterol: 46.74mg (15.58%), Sodium: 408.93mg (17.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.28%), Vitamin B3: 9.38mg (46.88%), Vitamin B6:

0.85mg (42.66%), Selenium: 24.79µg (35.42%), Phosphorus: 279.32mg (27.93%), Manganese: 0.38mg (18.82%), Potassium: 622.65mg (17.79%), Magnesium: 54.06mg (13.52%), Vitamin B2: 0.2mg (11.93%), Vitamin C: 9.63mg (11.67%), Fiber: 2.81g (11.23%), Iron: 2.01mg (11.19%), Zinc: 1.67mg (11.11%), Copper: 0.22mg (11.04%), Vitamin K: 11.52µg (10.97%), Folate: 42.19µg (10.55%), Vitamin B5: 0.98mg (9.83%), Vitamin B12: 0.56µg (9.38%), Vitamin B1: 0.13mg (8.45%), Calcium: 63.02mg (6.3%), Vitamin E: 0.32mg (2.14%), Vitamin A: 100.24IU (2%)