



Neely's Homemade Hash Browns

 **Gluten Free**  **Popular**

READY IN



24 min.

SERVINGS



4

CALORIES



299 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter divided
- 5 slices canadian bacon finely chopped
- 3 tablespoons freshly chives plus more for garnish chopped
- 2 pounds russet potatoes cubed peeled
- 4 servings salt and pepper black freshly ground
- 0.5 vidalia onion

Equipment

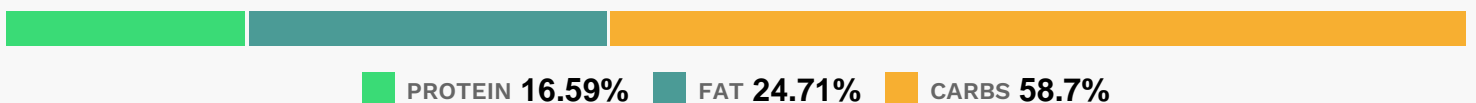
- food processor

- bowl
- frying pan
- wooden spoon
- kitchen towels
- spatula
- cutting board
- grater

Directions

- Watch how to make this recipe.
- Grate the potatoes and onion in a food processor using the grater attachment.
- Transfer to a kitchen towel over a bowl and squeeze out as much moisture as possible.
- In a medium bowl, add the grated potato mixture, the chives, and the Canadian bacon. Season with salt and pepper, to taste, and mix thoroughly together.
- Melt 1 tablespoon butter in a 10-inch nonstick skillet over medium heat until it just starts to foam.
- Add the potato mixture and using a spatula or wooden spoon, press the potatoes firmly into the bottom of the pan. Reduce heat to low and let the potatoes brown and crisp for 6 to 8 minutes.
- Once brown and crisp, carefully invert the hash browns onto a rimless large plate.
- Add remaining tablespoon butter to pan. When butter melts, slide the hash browns back into the pan. Continue to cook over medium heat until remaining side is dark golden brown and crisp, 5 to 6 minutes longer.
- Remove to a cutting board and slice into wedges.
- Transfer to a serving platter and garnish with chopped chives.

Nutrition Facts



Properties

Glycemic Index:52.94, Glycemic Load:32.27, Inflammation Score:-6, Nutrition Score:14.743478158246%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 299.46kcal (14.97%), Fat: 8.39g (12.91%), Saturated Fat: 4.45g (27.83%), Carbohydrates: 44.87g (14.96%), Net Carbohydrates: 41.47g (15.08%), Sugar: 3.53g (3.92%), Cholesterol: 32.86mg (10.95%), Sodium: 381.8mg (16.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.36%), Vitamin B6: 0.98mg (48.94%), Potassium: 1127.2mg (32.21%), Vitamin B1: 0.47mg (31.51%), Vitamin B3: 4.64mg (23.2%), Phosphorus: 225.62mg (22.56%), Manganese: 0.42mg (20.84%), Vitamin C: 16.22mg (19.66%), Magnesium: 63.2mg (15.8%), Selenium: 10.12µg (14.45%), Copper: 0.28mg (13.88%), Fiber: 3.4g (13.61%), Iron: 2.35mg (13.04%), Folate: 45.28µg (11.32%), Vitamin B5: 0.92mg (9.25%), Vitamin K: 9.65µg (9.19%), Vitamin B2: 0.15mg (8.8%), Zinc: 1.23mg (8.18%), Vitamin D: 1µg (6.65%), Vitamin A: 276.1IU (5.52%), Calcium: 44.8mg (4.48%), Vitamin B12: 0.25µg (4.18%), Vitamin E: 0.27mg (1.83%)