



HEALTH SCORE

57%

Parsnip and Potato Hash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 2 medium baking potatoes scrubbed thinly sliced into half moons cut in half lengthwise,
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 5 sprigs thyme leaves fresh roughly chopped
- ☐ 1 lemon zest
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 small onion finely minced
- ☐ 2 large parsnips peeled thinly sliced into half moons cut in half lengthwise,

☐ 4 servings salt

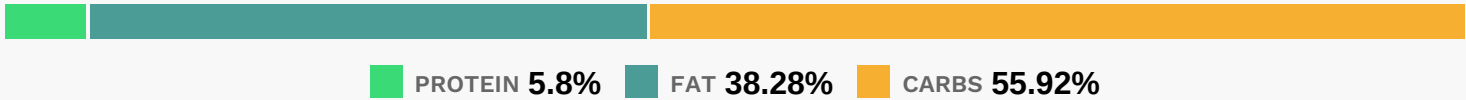
Equipment

☐ frying pan

Directions

- ☐ Preheat a large nonstick skillet over medium-high heat with 3 turns of the pan of extra-virgin olive oil, about 3 tablespoons.
- ☐ Add the potatoes, parsnips, thyme and season with salt and pepper, stir frequently and cook for 10 to 12 minutes, or until the potatoes and parsnips are nice and tender and lightly browned.
- ☐ Add the minced onion and continue to cook until they are tender and the potatoes are nice and brown.
- ☐ Once the hash is cooked, add the chopped parsley and lemon zest. Stir to combine and transfer hash to a serving platter.
- ☐ Serve it up.

Nutrition Facts



Properties

Glycemic Index:68.19, Glycemic Load:20.92, Inflammation Score:-9, Nutrition Score:17.333913025649%

Flavonoids

Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 247kcal (12.35%), Fat: 10.92g (16.8%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 35.91g (11.97%), Net Carbohydrates: 29.82g (10.84%), Sugar: 5.25g (5.83%), Cholesterol: 0mg (0%), Sodium: 212.2mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Vitamin K: 148.91µg (141.82%), Vitamin C: 34.45mg (41.76%), Manganese: 0.67mg (33.53%), Fiber: 6.09g (24.35%), Vitamin B6: 0.47mg (23.61%), Potassium: 813.32mg

(23.24%), Folate: 82.33µg (20.58%), Vitamin E: 2.74mg (18.28%), Vitamin A: 693.9IU (13.88%), Magnesium: 54.87mg (13.72%), Phosphorus: 124.69mg (12.47%), Iron: 2.18mg (12.08%), Vitamin B1: 0.17mg (11.55%), Copper: 0.23mg (11.52%), Vitamin B3: 1.79mg (8.97%), Vitamin B5: 0.85mg (8.48%), Calcium: 63.86mg (6.39%), Zinc: 0.9mg (6.03%), Vitamin B2: 0.09mg (5.48%), Selenium: 1.93µg (2.76%)