



Parsnip hash browns



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 450 g potato (such as Charlotte)
- ☐ 350 g parsnips
- ☐ 1 small onion halved thinly sliced
- ☐ 1 garlic clove finely chopped
- ☐ 1 eggs beaten
- ☐ 4 tbsp unrefined sunflower oil
- ☐ 6 of prosciutto
- ☐ 6 stems of cherry tomatoes on the vine

☐ 6 eggs

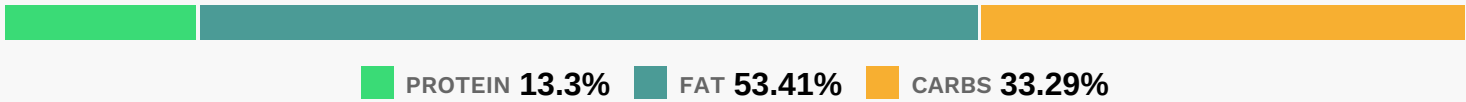
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ slotted spoon
- ☐ grater

Directions

- ☐ Peel and coarsely grate the potatoes and parsnips if youre using a food processor, attach the medium grater. Squeeze out as much liquid as possible with your hands and put them in a bowl.
- ☐ Stir in the onion, garlic, egg and season if you like. Divide the mixture into six and roughly shape into flat cakes.
- ☐ Heat 2 tbsp of the oil in a large non-stick frying pan and fry three of the cakes on a low heat for 4-5 mins on each side until golden and tender.
- ☐ Transfer to kitchen paper with a slotted spoon and leave to cool while frying the remainder, adding remaining oil as necessary. Meanwhile grill the bacon and tomatoes, poach the eggs and serve alongside.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:4.26, Inflammation Score:-5, Nutrition Score:15.118261005567%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 293.99kcal (14.7%), Fat: 17.7g (27.24%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 20.37g (7.41%), Sugar: 4.88g (5.42%), Cholesterol: 196.24mg (65.41%), Sodium: 147.61mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.83%), Vitamin E: 5.38mg (35.88%), Selenium: 19.01µg (27.15%), Vitamin C: 21.26mg (25.77%), Manganese: 0.49mg (24.45%), Phosphorus: 209.24mg (20.92%), Folate: 81.15µg (20.29%), Potassium: 702.78mg (20.08%), Fiber: 4.46g (17.84%), Vitamin B2: 0.3mg (17.7%), Vitamin B6: 0.32mg (16.11%), Vitamin K: 16.49µg (15.7%), Vitamin B5: 1.43mg (14.3%), Copper: 0.23mg (11.48%), Vitamin B1: 0.17mg (11.22%), Iron: 1.97mg (10.95%), Magnesium: 43.36mg (10.84%), Zinc: 1.4mg (9.32%), Vitamin B3: 1.74mg (8.69%), Vitamin B12: 0.5µg (8.28%), Vitamin A: 368.82IU (7.38%), Vitamin D: 1.06µg (7.06%), Calcium: 63.1mg (6.31%)