



 **56%**
HEALTH SCORE

Pastrami Hash

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 4 servings kosher salt
- 2 tablespoons olive oil
- 1.8 cups bell pepper red cored seeded
- 1.5 pounds yukon gold potatoes peeled (5 medium potatoes)

Equipment

- bowl
- frying pan

paper towels

knife

Directions

- Heat 1 tablespoon of the oil in a large nonstick frying pan over medium-high heat until shimmering.
- Add the pastrami, bell pepper, and onion and season with salt and pepper. Cook, stirring occasionally, until the pastrami is lightly browned and the peppers and onions have softened, about 7 minutes.
- Remove to a medium bowl and set aside. Wipe out the pan with paper towels. Return the pan to medium heat and add the remaining tablespoon of oil.
- Add the potatoes and season generously with salt and pepper. Cook, stirring occasionally, until they're golden brown all over and knife tender, about 12 minutes. Return the pastrami mixture to the pan and stir to combine. Cook, stirring occasionally, until warmed through, about 4 minutes.

Nutrition Facts

 **PROTEIN 7.53%** **FAT 30.44%** **CARBS 62.03%**

Properties

Glycemic Index:36.94, Glycemic Load:22.59, Inflammation Score:-9, Nutrition Score:15.794347869313%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 210.05kcal (10.5%), Fat: 7.35g (11.31%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 28.57g (10.39%), Sugar: 4.07g (4.52%), Cholesterol: 0mg (0%), Sodium: 206.76mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin C: 116.95mg (141.76%), Vitamin A: 2044.97IU (40.9%), Vitamin B6: 0.69mg (34.59%), Potassium: 855.09mg (24.43%), Fiber: 5.14g (20.55%), Manganese: 0.35mg (17.33%), Folate: 57.22µg (14.3%), Vitamin E: 2.06mg (13.71%), Vitamin B3: 2.43mg (12.16%), Magnesium: 47.12mg (11.78%), Vitamin B1: 0.17mg (11.43%), Phosphorus: 114.06mg (11.41%), Vitamin K: 10.8µg (10.29%), Copper: 0.2mg (9.81%), Iron: 1.66mg (9.21%), Vitamin B5: 0.71mg (7.12%), Vitamin B2: 0.11mg (6.47%), Zinc: 0.66mg (4.39%), Calcium: 25.61mg (2.56%)