



Poached Eggs with Herb-Roasted Turkey Breast and Sweet Potato Hash

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 eggs
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 4 servings hot sauce for serving
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion diced

- ☐ 0.3 teaspoon salt
- ☐ 2 sweet potatoes diced cooled peeled for 40 minutes at 400 degrees f, , and (3 cups
- ☐ 4 ounces herb-roasted turkey breast diced cooked
- ☐ 1 teaspoon vinegar white

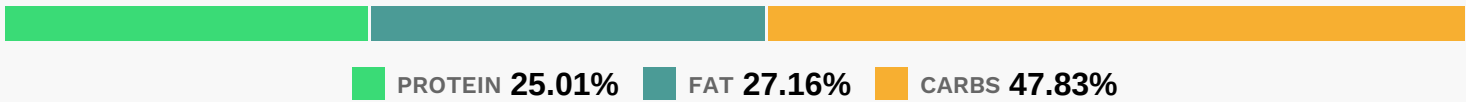
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large nonstick frying pan, heat the oil over moderately high heat.
- ☐ Add the onion and thyme and cook, stirring, until softened and beginning to brown, 3 to 5 minutes.
- ☐ Add the sweet potatoes, turkey, salt and some pepper and cook, stirring occasionally, until the potatoes are beginning to brown, about 3 minutes longer.
- ☐ Add the broth, scraping up any brown bits that may have formed on bottom of pan. Keep warm while poaching the eggs.
- ☐ Fill a saute pan with 1 1/2 inches of water and the vinegar and bring to a simmer. Break 1 egg into a small bowl and then carefully pour it into the water. Repeat with the remaining eggs spacing them so they do not touch. Poach at a gentle simmer until the whites are firm but the yolks are still runny, 3 to 4 minutes. With a slotted spoon, transfer the eggs to paper towels and season with salt and pepper.
- ☐ Divide the hash between 4 plates and top each serving with a poached egg.
- ☐ Serve with hot sauce.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:12.08, Inflammation Score:-10, Nutrition Score:17.163478291553%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 225.76kcal (11.29%), Fat: 6.85g (10.54%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 22.99g (8.36%), Sugar: 6.62g (7.35%), Cholesterol: 178.99mg (59.66%), Sodium: 337.17mg (14.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.4%), Vitamin A: 16299.84IU (326%), Selenium: 20.83µg (29.76%), Vitamin B6: 0.58mg (29.12%), Phosphorus: 223.91mg (22.39%), Vitamin B2: 0.33mg (19.35%), Manganese: 0.38mg (19%), Vitamin B3: 3.73mg (18.67%), Vitamin B5: 1.85mg (18.51%), Potassium: 585.81mg (16.74%), Fiber: 4.17g (16.66%), Copper: 0.24mg (12.22%), Magnesium: 45.76mg (11.44%), Folate: 42.94µg (10.74%), Iron: 1.84mg (10.21%), Vitamin B12: 0.58µg (9.75%), Zinc: 1.37mg (9.12%), Vitamin B1: 0.13mg (8.93%), Vitamin C: 6.55mg (7.94%), Calcium: 74.96mg (7.5%), Vitamin E: 1.07mg (7.13%), Vitamin D: 0.91µg (6.06%), Vitamin K: 3.7µg (3.52%)