



Pork and Sweet Potato Hash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound boston butt pork shoulder boneless trimmed (Boston butt)
- ☐ 8 ounce cremini mushrooms quartered
- ☐ 6 garlic cloves crushed
- ☐ 3 tablespoons green onions sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 3.5 cups lower-sodium chicken broth fat-free

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 4 cups sweet potatoes and into cubed peeled () (1 pound)

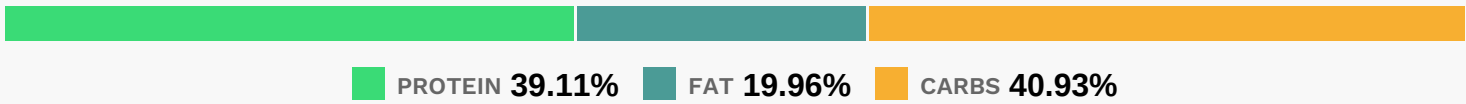
Equipment

- ☐ frying pan

Directions

- ☐ Heat a 12-inch cast-iron skillet over medium-high heat.
- ☐ Sprinkle pork evenly with salt and black pepper. Coat pan with cooking spray.
- ☐ Add pork to pan, and saut for 8 minutes, turning to brown on all sides.
- ☐ Add broth and garlic to pan; bring to a boil. Cover, reduce heat to low, and simmer for 45 minutes or until pork is fork-tender.
- ☐ Remove pork from pan, reserving cooking liquid and garlic. Cool pork slightly; shred with two forks.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add olive oil to pan, and swirl to coat.
- ☐ Add potato and onion; saut for 6 minutes or until lightly browned, stirring occasionally.
- ☐ Add red pepper and mushrooms; cook for 3 minutes.
- ☐ Add cooking liquid and garlic; bring to a boil. Reduce heat to medium, and cook, uncovered, for 20 minutes or until liquid nearly evaporates, stirring occasionally. Stir in pork, and cook for 1 minute or until thoroughly heated.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:14.56, Inflammation Score:-10, Nutrition Score:31.956956630168%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

Nutrients (% of daily need)

Calories: 340.1kcal (17.01%), Fat: 7.58g (11.66%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 34.98g (11.66%), Net Carbohydrates: 29.67g (10.79%), Sugar: 8.4g (9.33%), Cholesterol: 68.04mg (22.68%), Sodium: 816.71mg (35.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.42g (66.84%), Vitamin A: 18968.16IU (379.36%), Vitamin B3: 13.9mg (69.5%), Selenium: 45.69µg (65.27%), Vitamin B6: 1.27mg (63.47%), Vitamin B1: 0.92mg (61.31%), Vitamin B2: 0.91mg (53.37%), Potassium: 1645.67mg (47.02%), Phosphorus: 411.14mg (41.11%), Vitamin B5: 3.11mg (31.11%), Manganese: 0.61mg (30.44%), Copper: 0.61mg (30.37%), Zinc: 3.38mg (22.52%), Fiber: 5.32g (21.28%), Magnesium: 74.49mg (18.62%), Vitamin B12: 1.04µg (17.39%), Vitamin K: 14.56µg (13.87%), Iron: 2.33mg (12.95%), Vitamin C: 8.5mg (10.3%), Folate: 39.59µg (9.9%), Calcium: 80.14mg (8.01%), Vitamin E: 1.02mg (6.82%)