



Pork-Potato Hash with Eggs

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 4 large eggs
- 6 garlic cloves crushed
- 3 tablespoons thinly green onions diagonally sliced
- 0.3 teaspoon ground pepper red
- 1 tablespoon olive oil
- 1 cup onion chopped
- 12 ounces pork ribs country-style (2 ribs)

- 4 cups potatoes red cubed () (1 1/2 pounds)
- 1.3 teaspoons salt divided
- 2.5 cups water

Equipment

- bowl
- frying pan
- paper towels

Directions

- Heat a 12-inch cast-iron skillet over medium-high heat.
- Sprinkle pork evenly with 1/2 teaspoon salt and black pepper. Coat pan with cooking spray.
- Add pork to pan; cook 2 minutes on each side or until browned.
- Add 2 1/2 cups water and garlic to pan; bring to a boil. Cover, reduce heat to low, and simmer 1 hour or until pork is fork-tender.
- Remove pork from pan, reserving cooking liquid and garlic.
- Place cooking liquid in a bowl. Cool pork slightly.
- Remove meat from bones; shred with two forks.
- Wipe pan clean with paper towels.
- Heat olive oil in pan over medium-high heat.
- Add potatoes and onion to pan, and saut for 8 minutes or until browned, stirring frequently.
- Add cooking liquid and garlic to potato mixture, and bring to a boil. Reduce heat to medium, and cook, uncovered, for 20 minutes or until potatoes are tender and liquid evaporates. Stir in shredded pork and 1/2 teaspoon salt. Working with one egg at a time, carefully crack eggs over potato mixture, about 1 inch apart in pan.
- Sprinkle eggs evenly with remaining 1/4 teaspoon salt and 1/4 teaspoon ground red pepper. Cover, reduce heat, and cook for 3 minutes or until desired degree of doneness.
- Sprinkle with green onions.

Nutrition Facts



■ PROTEIN 27.1% ■ FAT 47.47% ■ CARBS 25.43%

Properties

Glycemic Index:38.25, Glycemic Load:1.35, Inflammation Score:-5, Nutrition Score:16.11217395119%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

Nutrients (% of daily need)

Calories: 284.59kcal (14.23%), Fat: 15g (23.07%), Saturated Fat: 3.41g (21.34%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 15.81g (5.75%), Sugar: 3.01g (3.35%), Cholesterol: 226.91mg (75.64%), Sodium: 856.68mg (37.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.52%), Selenium: 34.47µg (49.25%), Vitamin B6: 0.62mg (31.04%), Phosphorus: 272.35mg (27.24%), Vitamin B2: 0.41mg (24.27%), Vitamin B1: 0.32mg (21.24%), Vitamin B5: 1.95mg (19.48%), Potassium: 680.94mg (19.46%), Zinc: 2.59mg (17.27%), Vitamin B12: 1µg (16.63%), Manganese: 0.3mg (14.81%), Vitamin C: 11.76mg (14.25%), Vitamin K: 14.49µg (13.8%), Vitamin B3: 2.72mg (13.59%), Iron: 2.18mg (12.11%), Copper: 0.24mg (12.02%), Folate: 47.79µg (11.95%), Magnesium: 42.25mg (10.56%), Vitamin D: 1.39µg (9.25%), Fiber: 2.26g (9.06%), Vitamin E: 1.24mg (8.27%), Vitamin A: 379.12IU (7.58%), Calcium: 74.46mg (7.45%)