



Potato and Bacon Hash with Fried Eggs



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



439 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon thick-cut cut in 1-inch pieces
- ☐ 4 baking potatoes peeled finely chopped
- ☐ 1 cup onion chopped (2 medium)
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 teaspoons thyme sprigs fresh chopped

- ☐ 2 tablespoons parsley fresh italian chopped (flat-leaf)
- ☐ 1 tablespoon olive oil
- ☐ 4 eggs

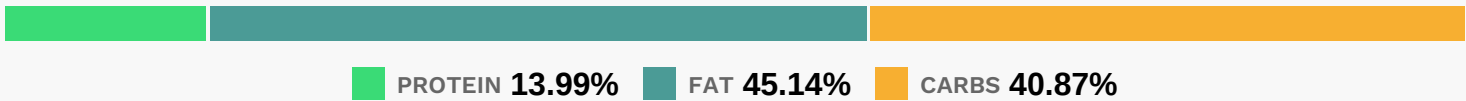
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In 12-inch skillet or sauté pan, cook bacon over medium heat about 5 minutes or until crisp.
- ☐ Remove bacon from skillet; place on paper towels to drain. Set aside.
- ☐ To drippings in skillet, add potatoes, onions and bell peppers; cook about 20 minutes, stirring occasionally, until potatoes are tender and onions and peppers have browned.
- ☐ Sprinkle potato mixture with salt and pepper. Return bacon to skillet. Stir in thyme and parsley.
- ☐ To fry eggs, heat 10-inch skillet or sauté pan over medium heat.
- ☐ Add oil to skillet. Crack eggs into skillet; cover with lid or plate. Cook 3 to 4 minutes or until egg yolks are firm.
- ☐ Add fried eggs to top of hash.

Nutrition Facts



Properties

Glycemic Index:65.69, Glycemic Load:31.47, Inflammation Score:-9, Nutrition Score:22.326086707737%

Flavonoids

Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg

Nutrients (% of daily need)

Calories: 438.86kcal (21.94%), Fat: 22.31g (34.32%), Saturated Fat: 6.75g (42.19%), Carbohydrates: 45.44g (15.15%), Net Carbohydrates: 41.05g (14.93%), Sugar: 4.43g (4.92%), Cholesterol: 187.44mg (62.48%), Sodium: 606.34mg (26.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.12%), Vitamin C: 58.18mg (70.52%), Vitamin B6: 1.05mg (52.75%), Vitamin K: 41.53µg (39.55%), Potassium: 1169.43mg (33.41%), Selenium: 21.82µg (31.18%), Phosphorus: 278.7mg (27.87%), Manganese: 0.48mg (24.15%), Vitamin A: 1122.58IU (22.45%), Vitamin B1: 0.33mg (22.2%), Vitamin B3: 4.05mg (20.25%), Vitamin B2: 0.34mg (19.96%), Iron: 3.31mg (18.39%), Folate: 72.04µg (18.01%), Fiber: 4.39g (17.58%), Magnesium: 69.51mg (17.38%), Vitamin B5: 1.66mg (16.56%), Copper: 0.31mg (15.38%), Zinc: 1.79mg (11.94%), Vitamin E: 1.53mg (10.2%), Vitamin B12: 0.57µg (9.53%), Calcium: 74.07mg (7.41%), Vitamin D: 1.02µg (6.83%)