



## Potato-Bacon Hash

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

READY IN



30 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

### Ingredients

- 6 slices bacon
- 2 garlic clove minced
- 4 servings pepper black freshly ground to taste
- 1 bunch spring onion white green
- 1.5 pounds yukon gold potatoes red washed and cut into small chunks

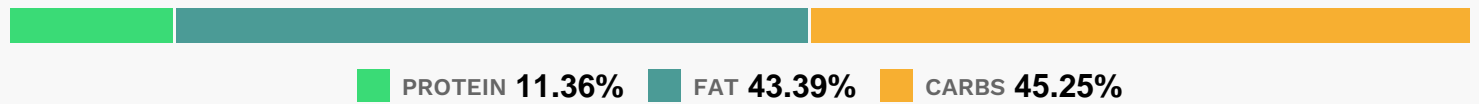
### Equipment

- frying pan
- paper towels

## Directions

- In a heavy skillet, cook the bacon until crisp.
- Transfer it to a paper towel-lined plate.
- Remove all but 1 tablespoon of the fat and return the pan to high heat.
- Add the potatoes, white scallions (if using), garlic, salt, pepper, and 1/4 cup water. Bring to a boil.
- Cover, reduce heat to medium-low, and simmer until the potatoes are just tender, 8 to 10 minutes.
- Add the bacon, broken into pieces. Cook, stirring occasionally, for about 10 minutes more.
- Remove from heat, garnish with the green scallions (if using), and serve.

## Nutrition Facts



## Properties

Glycemic Index:44.44, Glycemic Load:22, Inflammation Score:-4, Nutrition Score:11.541739095812%

## Flavonoids

Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 272.99kcal (13.65%), Fat: 13.27g (20.42%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 27.18g (9.89%), Sugar: 1.48g (1.65%), Cholesterol: 21.78mg (7.26%), Sodium: 229.9mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.63%), Vitamin C: 35.11mg (42.55%), Vitamin B6: 0.61mg (30.61%), Potassium: 805.35mg (23.01%), Fiber: 3.95g (15.82%), Vitamin B3: 3.16mg (15.82%), Vitamin B1: 0.23mg (15.57%), Manganese: 0.31mg (15.57%), Vitamin K: 15.84µg (15.09%), Phosphorus: 149.15mg (14.91%), Magnesium: 44.83mg (11.21%), Selenium: 7.4µg (10.57%), Copper: 0.21mg (10.42%), Iron: 1.59mg (8.81%), Folate: 31.12µg (7.78%), Vitamin B5: 0.7mg (7.01%), Zinc: 0.92mg (6.16%), Vitamin B2: 0.09mg (5.16%), Calcium: 29.54mg (2.95%), Vitamin B12: 0.17µg (2.75%), Vitamin A: 76.11IU (1.52%), Vitamin E: 0.19mg (1.29%)