



Potato Hash with Baked Eggs

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

Ingredients

- 8 eggs
- 0.5 cup olive oil extra-virgin
- 0.5 cup onion chopped
- 2 teaspoons oregano leaves fresh chopped
- 6 tablespoons parmesan freshly grated
- 4 large russet potatoes peeled cut into 1/2-inch dice
- 6 servings salt and pepper freshly ground

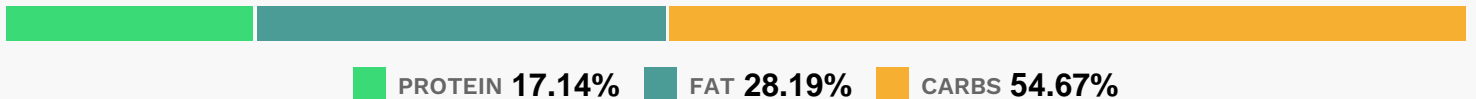
Equipment

- frying pan
- baking sheet
- oven
- pot

Directions

- Preheat the oven to 375 degrees F.
- Bring a pot of well-salted water to a boil.
- Add the potatoes and boil until about 3/4's of the way done, about 4 minutes.
- Drain well and spread out on a baking sheet to cool.
- Heat a large ovenproof skillet over high heat. When hot, add the olive oil, and then add the potatoes in a single layer. Lower the heat to medium and cook, tossing occasionally, until the potatoes are crusty and browned, 10 to 12 minutes. Season with salt and pepper.
- Add the onion and cook until the onions brown slightly, about 2 minutes
- Off the heat, make 8 small evenly-spaced wells in the hash and pour a small bit of olive oil in each well. Break an egg into each well.
- Sprinkle the eggs with salt and pepper. Scatter the oregano and the cheese over the hash.
- Transfer the skillet to the oven and bake until the eggs are cooked to your taste, about 5 minutes for firm whites and soft yolks.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.96, Glycemic Load:35.29, Inflammation Score:-7, Nutrition Score:17.405217274376%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 336.76kcal (16.84%), Fat: 10.71g (16.48%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 46.74g (15.58%), Net Carbohydrates: 43.03g (15.65%), Sugar: 2.37g (2.64%), Cholesterol: 221.64mg (73.88%), Sodium: 370.27mg (16.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.3%), Vitamin B6: 0.98mg (48.8%), Potassium: 1139.32mg (32.55%), Phosphorus: 291.01mg (29.1%), Selenium: 20.22µg (28.88%), Manganese: 0.45mg (22.73%), Vitamin B2: 0.37mg (21.94%), Iron: 3.48mg (19.32%), Vitamin C: 15.02mg (18.21%), Magnesium: 68.96mg (17.24%), Vitamin B5: 1.68mg (16.85%), Folate: 66.48µg (16.62%), Vitamin B1: 0.23mg (15.63%), Copper: 0.31mg (15.34%), Fiber: 3.71g (14.83%), Calcium: 137.9mg (13.79%), Vitamin B3: 2.65mg (13.25%), Zinc: 1.65mg (10.99%), Vitamin K: 11.05µg (10.53%), Vitamin B12: 0.58µg (9.7%), Vitamin E: 1.29mg (8.63%), Vitamin D: 1.2µg (7.99%), Vitamin A: 369.92IU (7.4%)