



Potato, Mushroom, and Chicken Hash

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons cooking oil
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.3 cup heavy cream
- ☐ 0.5 pound mushrooms cut into 1/2-inch pieces
- ☐ 1 onion chopped

- ☐ 2 pounds potatoes boiling peeled cut into 3/4-inch pieces
- ☐ 1 teaspoon salt
- ☐ 1.3 pounds chicken breasts boneless skinless cut into 1/2-inch pieces (4)

Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Put the potatoes in a medium saucepan of salted water. Bring to a boil and simmer until almost tender, about 5 minutes.
- ☐ Drain.
- ☐ In a large nonstick frying pan, heat 1 tablespoon of the oil over moderate heat.
- ☐ Add the onion, garlic, and mushrooms and cook, stirring occasionally, until the mushrooms are browned, about 6 minutes.
- ☐ Add the chicken, 1/2 teaspoon of the salt, the pepper, and the thyme. Saut until the chicken is almost cooked through, 3 to 4 minutes.
- ☐ Remove the mixture from the pan.
- ☐ Wipe out the frying pan and then heat the remaining 3 tablespoons oil over moderately high heat.
- ☐ Add the drained potatoes and let cook, without stirring, for 6 minutes.
- ☐ Add the remaining 1/2 teaspoon salt, stir the potatoes, and cook until well browned, about 4 minutes longer. Stir in the chicken and mushrooms, the cream, and the parsley. Cook until just heated through, 1 to 2 minutes longer.
- ☐ Test-Kitchen Tip: This is the perfect place to use leftover cooked turkey or chicken. Just toss it in at the end with the mushrooms.
- ☐ Wine Recommendation: This satisfying dish will go with different drinks depending on the time of day. For brunch, try a mimosa (orange juice and sparkling wine). For dinner, serve a light, young Bordeaux from the Mdoc in France.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:31.517826225447%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg

Nutrients (% of daily need)

Calories: 532.54kcal (26.63%), Fat: 23.86g (36.71%), Saturated Fat: 5.44g (33.98%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 36.62g (13.32%), Sugar: 5.68g (6.32%), Cholesterol: 113.58mg (37.86%), Sodium: 807mg (35.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.04g (78.08%), Vitamin B3: 20.51mg (102.54%), Vitamin B6: 1.64mg (81.83%), Selenium: 55.6µg (79.43%), Potassium: 1845.83mg (52.74%), Phosphorus: 525.13mg (52.51%), Vitamin K: 52.62µg (50.11%), Vitamin B5: 3.73mg (37.27%), Vitamin C: 27.82mg (33.73%), Vitamin B2: 0.49mg (28.77%), Copper: 0.55mg (27.4%), Magnesium: 99.98mg (24.99%), Vitamin B1: 0.35mg (23.17%), Manganese: 0.46mg (23.01%), Fiber: 5.07g (20.26%), Vitamin E: 2.93mg (19.57%), Folate: 65.78µg (16.44%), Iron: 2.89mg (16.07%), Zinc: 2.05mg (13.68%), Vitamin A: 454.5IU (9.09%), Vitamin B12: 0.35µg (5.81%), Calcium: 56.83mg (5.68%), Vitamin D: 0.5µg (3.35%)