



Potato, Pepper and Chorizo Hash with Fried Eggs



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces chorizo thinly sliced
- ☐ 1 tablespoon cilantro leaves finely chopped
- ☐ 4 large eggs
- ☐ 1 onion thinly sliced
- ☐ 1 bell pepper red seeded cut into 1/2-inch dice
- ☐ 16 oz baking potatoes cut into 1/2-inch dice
- ☐ 4 servings salt

☐ 1 tablespoon vegetable oil

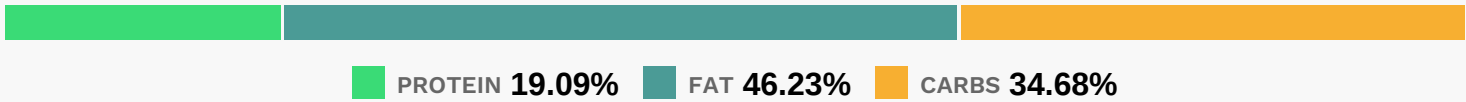
Equipment

- ☐ frying pan
- ☐ pot
- ☐ broiler

Directions

- ☐ Place potatoes in a pot, cover with 1 inch of water, stir in 1/2 tsp. salt and bring to a boil. Reduce heat and simmer until tender, 5to 7minutes.
- ☐ Drain.
- ☐ Warm oil in a 10-inch ovenproof nonstick skillet over medium-high heat.
- ☐ Add onion and cook, stirring often, until tender, about 3 minutes.
- ☐ Add bell pepper and chorizo and cook, stirring often, until pepper is softened, 3 to 5 minutes. Stir in potatoes, season with salt and cook, stirring occasionally, until potatoes begin to brown, about 5 minutes.
- ☐ Press lightly on mixture so it forms a cake. Reduce heat to medium and continue to cook until golden and crisp on bottom, 5 to 7 minutes.
- ☐ Preheat broiler to high. Carefully break eggs onto potato cake, then place pan under broiler and cook until whites are set, about 2 minutes.
- ☐ Sprinkle with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:50.94, Glycemic Load:17.06, Inflammation Score:-8, Nutrition Score:14.518695582514%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.7mg,

Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 290.9kcal (14.54%), Fat: 14.94g (22.99%), Saturated Fat: 4.67g (29.21%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 22.65g (8.24%), Sugar: 3.3g (3.67%), Cholesterol: 203.72mg (67.91%), Sodium: 273.08mg (11.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.88g (27.76%), Vitamin C: 46.61mg (56.49%), Vitamin B6: 0.6mg (29.8%), Vitamin A: 1311.15IU (26.22%), Selenium: 15.97µg (22.82%), Potassium: 645.35mg (18.44%), Phosphorus: 177.13mg (17.71%), Vitamin B2: 0.3mg (17.58%), Folate: 58.35µg (14.59%), Iron: 2.59mg (14.37%), Manganese: 0.26mg (13.09%), Vitamin B5: 1.24mg (12.37%), Fiber: 2.57g (10.28%), Vitamin K: 10.32µg (9.83%), Magnesium: 38.43mg (9.61%), Vitamin B1: 0.14mg (9.45%), Vitamin E: 1.29mg (8.62%), Copper: 0.17mg (8.45%), Vitamin B3: 1.54mg (7.68%), Vitamin B12: 0.44µg (7.42%), Zinc: 1.1mg (7.31%), Vitamin D: 1µg (6.67%), Calcium: 51.34mg (5.13%)