



Potato-Smoked Sausage Hash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



545 kcal

SIDE DISH

Ingredients

- ☐ 1 medium size bell pepper green chopped
- ☐ 32 ounce hash browns frozen southern style
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce sausage smoked sliced

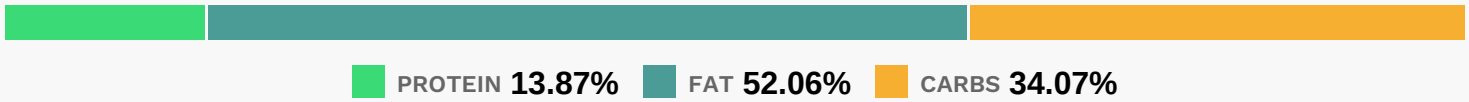
Equipment

- ☐ frying pan

Directions

- ☐
- Brown smoked sausage slices in a large nonstick skillet (about 5 minutes on each side); remove sausage slices from pan, reserving drippings in skillet.
- ☐
- Saut onion and green pepper in reserved drippings 3 minutes or until crisp-tender.
- ☐
- Add hash browns, and cook, stirring occasionally, 5 minutes or until brown. Stir in sausage, salt, and pepper; cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:12.16, Inflammation Score:-5, Nutrition Score:17.985217428726%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 544.88kcal (27.24%), Fat: 31.61g (48.63%), Saturated Fat: 10.84g (67.77%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 42.33g (15.39%), Sugar: 1.88g (2.09%), Cholesterol: 80.51mg (26.84%), Sodium: 1304.24mg (56.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.94g (37.89%), Vitamin C: 44.55mg (54%), Vitamin B3: 7.61mg (38.05%), Vitamin B1: 0.54mg (36.31%), Vitamin B12: 1.71µg (28.54%), Potassium: 956.29mg (27.32%), Vitamin B6: 0.49mg (24.52%), Phosphorus: 242.25mg (24.23%), Manganese: 0.48mg (23.87%), Selenium: 15.69µg (22.41%), Zinc: 2.96mg (19.72%), Iron: 3.54mg (19.68%), Fiber: 4.21g (16.85%), Copper: 0.33mg (16.32%), Vitamin B2: 0.24mg (14.16%), Vitamin B5: 1.3mg (12.98%), Magnesium: 44.72mg (11.18%), Vitamin D: 1.25µg (8.32%), Folate: 21.85µg (5.46%), Calcium: 41.21mg (4.12%), Vitamin K: 2.72µg (2.59%), Vitamin A: 111.99IU (2.24%)