



## Roasted Two-Potato and Sausage Hash with Poached Eggs

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



415 kcal

SIDE DISH

### Ingredients

- 1 medium baking potatoes unpeeled
- 1 medium sweet potatoes and into unpeeled
- 1 serving pam original flavor shopping list
- 1 serving salt and pepper to taste
- 2 mild chicken sausage smoked fully cooked cut into 1/4-inch slices
- 2 eggs cage-free

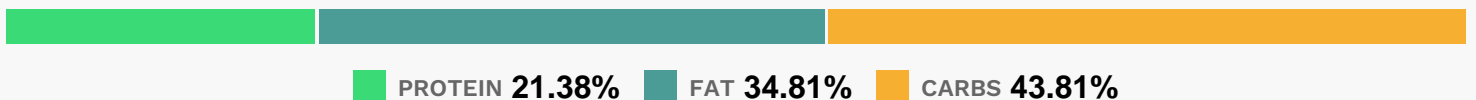
### Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- aluminum foil
- slotted spoon

## Directions

- Heat oven to 425°F. Line 15x10-inch pan with sides with nonstick foil or cooking parchment paper.
- Cut potatoes roughly into 1x1x1/4-inch pieces; spread in single layer in pan. Spray lightly with cooking spray; sprinkle with salt and pepper.
- Bake 20 minutes, stirring once.
- Add sausage; stir gently, then spread in single layer.
- Bake 10 minutes longer or until mixture is slightly golden.
- Meanwhile, in saucepan, heat 2 inches water to boiling; reduce heat so water is simmering. Break cold egg into custard cup or small glass bowl. Holding cup close to water's surface, carefully slide egg into water; repeat with remaining egg. Cook uncovered 3 to 5 minutes or until whites and yolks are firm, not runny.
- Remove with slotted spoon.
- Divide potato and sausage mixture evenly between 2 plates. Top each with a poached egg; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:71.38, Glycemic Load:26.36, Inflammation Score:-10, Nutrition Score:17.8013042678%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 414.63kcal (20.73%), Fat: 16.35g (25.15%), Saturated Fat: 3.93g (24.56%), Carbohydrates: 46.3g (15.43%), Net Carbohydrates: 41.53g (15.1%), Sugar: 6.57g (7.3%), Cholesterol: 223.69mg (74.56%), Sodium: 1096.43mg (47.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.6g (45.2%), Vitamin A: 16570.03IU (331.4%), Vitamin B6: 0.68mg (33.92%), Potassium: 885.66mg (25.3%), Manganese: 0.47mg (23.57%), Selenium: 14.61µg (20.87%), Phosphorus: 198.8mg (19.88%), Fiber: 4.77g (19.1%), Vitamin B5: 1.9mg (18.99%), Vitamin B2: 0.31mg (17.95%), Iron: 3.1mg (17.21%), Copper: 0.31mg (15.6%), Magnesium: 58.03mg (14.51%), Vitamin B1: 0.19mg (12.87%), Vitamin C: 9.97mg (12.09%), Folate: 48.02µg (12.01%), Vitamin B3: 1.76mg (8.82%), Zinc: 1.22mg (8.1%), Calcium: 72.44mg (7.24%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin E: 0.77mg (5.11%), Vitamin K: 4.08µg (3.89%)