



Roasted Two-Potato and Sausage Hash with Poached Eggs



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



414 kcal

SIDE DISH

Ingredients

- ☐ 2 mild chicken sausage smoked fully cooked cut into 1/4-inch slices
- ☐ 2 eggs cage-free
- ☐ 1 medium baking potatoes unpeeled
- ☐ 2 servings salt and pepper to taste
- ☐ 1 medium sweet potatoes and into unpeeled

Equipment

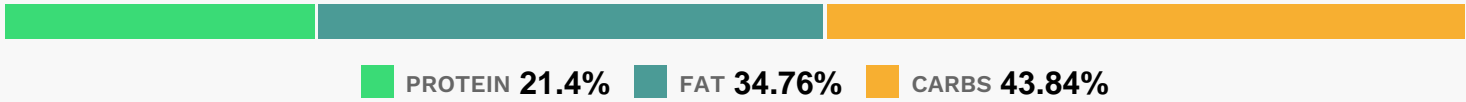
- ☐ bowl

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

Directions

- ☐ Heat oven to 425F. 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 waters 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:17.803912940233%

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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 414.23kcal (20.71%), Fat: 16.31g (25.09%), Saturated Fat: 3.92g (24.53%), Carbohydrates: 46.29g (15.43%), Net Carbohydrates: 41.52g (15.1%), Sugar: 6.57g (7.3%), Cholesterol: 223.69mg (74.56%), Sodium: 1193.3mg (51.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.6g (45.2%), Vitamin A: 16570.03IU (331.4%), Vitamin B6: 0.68mg (33.92%), Potassium: 885.67mg (25.31%), Manganese: 0.47mg (23.58%), 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 (17.22%), Copper: 0.31mg (15.61%), 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 (8.11%), Calcium: 72.5mg (7.25%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin E: 0.77mg (5.11%), Vitamin K: 4.08µg (3.89%)