



WHATSheATE



## Ruby Jean's Hash from 'True Blood



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

## Ingredients

- ☐ 1 cup andouille sausage chopped
- ☐ 4 servings ground pepper
- ☐ 4 large eggs
- ☐ 0.3 cup bell pepper green chopped
- ☐ 2 tablespoons spring onion chopped (green part only)
- ☐ 2 cups potatoes diced cooked
- ☐ 4 servings salt
- ☐ 2 tablespoons vegetable oil

- ☐ 0.5 teaspoon vinegar white
- ☐ 0.3 cup onion yellow chopped

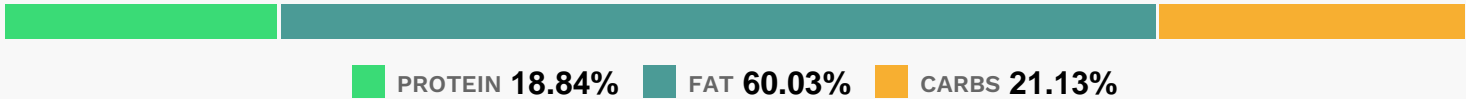
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

## Directions

- ☐ Heat the vegetable oil in a large, heavy skillet, preferably cast iron, over medium heat.
- ☐ Add the potatoes and cook, stirring occasionally, until lightly browned, about 2 minutes.
- ☐ Add the onion, bell pepper, and andouille. Season with salt and cayenne and cook, stirring, for 5 to 6 minutes or until the vegetables are just softened.
- ☐ Remove from the heat.
- ☐ Fill a medium saucepan with 3 inches of water, add the vinegar, and bring to a boil. Reduce the heat so the water simmers gently. Crack an egg into a cup or small bowl, and gently slide the egg into the water. Repeat the process with the remaining eggs, keeping the water at a gentle simmer. Poach for 3 to 5 minutes, depending on the firmness desired. You can test the doneness by lifting an egg with a slotted spoon and gently pressing a finger on the yolk.
- ☐ Spoon equal amounts of the hash onto four plates. With a slotted spoon, transfer a poached egg to each serving of hash.
- ☐ Garnish with the green onion and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:58.69, Glycemic Load:13.9, Inflammation Score:-7, Nutrition Score:18.439565347589%

## Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 417.98kcal (20.9%), Fat: 28.11g (43.25%), Saturated Fat: 7.93g (49.55%), Carbohydrates: 22.26g (7.42%), Net Carbohydrates: 19g (6.91%), Sugar: 2.57g (2.86%), Cholesterol: 236.87mg (78.96%), Sodium: 754.32mg (32.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.7%), Selenium: 28.16µg (40.22%), Vitamin C: 31mg (37.58%), Vitamin B6: 0.59mg (29.69%), Phosphorus: 258.74mg (25.87%), Vitamin B3: 5.01mg (25.05%), Vitamin A: 1193.12IU (23.86%), Vitamin B2: 0.39mg (23.08%), Potassium: 792.84mg (22.65%), Vitamin K: 23.2µg (22.09%), Vitamin B1: 0.27mg (18.24%), Vitamin B12: 1.02µg (17.08%), Zinc: 2.49mg (16.6%), Vitamin B5: 1.53mg (15.29%), Vitamin E: 2.27mg (15.16%), Iron: 2.66mg (14.78%), Fiber: 3.26g (13.04%), Manganese: 0.25mg (12.38%), Vitamin D: 1.83µg (12.19%), Folate: 47.76µg (11.94%), Magnesium: 45.2mg (11.3%), Copper: 0.21mg (10.58%), Calcium: 54.43mg (5.44%)