



## Salami, Bacon and Spinach Hash

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



4

CALORIES



675 kcal

SIDE DISH

### Ingredients

- 8 ounces apple-smoked bacon cut into 1/2-inch pieces (5 to 6 slices)
- 3 cups baby spinach leaves
- 0.8 teaspoon pepper black freshly ground
- 4 large eggs at room temperature
- 0.5 teaspoon ground nutmeg
- 1.5 teaspoons kosher salt
- 2 tablespoons olive oil extra-virgin
- 1 medium onion chopped

- 1 of orange zest
- 1 bell pepper red cored seeded cut into 1/2-inch pieces
- 1.5 pounds russet potatoes peeled chopped
- 5 ounces genoa salami dry peeled cut into 1/2-inch cubes

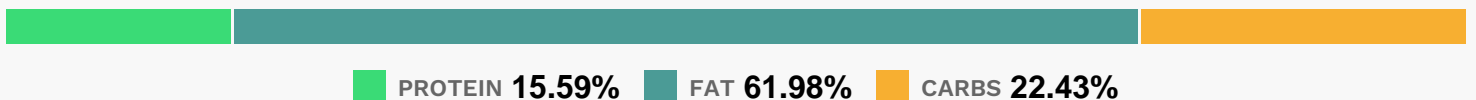
## Equipment

- frying pan
- paper towels
- slotted spoon

## Directions

- Watch how to make this recipe.
- Cook the bacon over medium-high heat in a 12-inch nonstick skillet, stirring occasionally, until crisp, 10 to 12 minutes.
- Remove the bacon using a slotted spoon and drain on paper towels.
- Add the potatoes, 1 teaspoon salt and 1/4 teaspoon pepper to the pan juices. Cook, stirring frequently, until brown and crisp, about 25 minutes.
- Remove the potatoes using a slotted spoon and drain on paper towels.
- Add the oil, onion, bell pepper, 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring occasionally, until the vegetables are soft, about 5 minutes.
- Add the spinach, salami, nutmeg, orange zest, the remaining 1/4 teaspoon of salt and pepper. Cook until the spinach is wilted, about 4 minutes. Stir in the bacon and potatoes.
- Make 4 indentations in the hash and break an egg into each. Cook until the eggs are cooked through, 5 to 6 minutes.

## Nutrition Facts



## Properties

Glycemic Index:76.44, Glycemic Load:25.47, Inflammation Score:-10, Nutrition Score:33.743043899536%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

## Nutrients (% of daily need)

Calories: 674.83kcal (33.74%), Fat: 46.65g (71.77%), Saturated Fat: 14.44g (90.25%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 34.02g (12.37%), Sugar: 3.82g (4.25%), Cholesterol: 251.42mg (83.81%), Sodium: 2148.11mg (93.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.79%), Vitamin K: 118.28µg (112.65%), Vitamin C: 56.48mg (68.46%), Vitamin A: 3337.88IU (66.76%), Vitamin B6: 1.18mg (59.15%), Selenium: 36.85µg (52.64%), Vitamin B1: 0.69mg (46.22%), Phosphorus: 383.26mg (38.33%), Potassium: 1259.63mg (35.99%), Vitamin B3: 6.56mg (32.79%), Manganese: 0.64mg (32%), Vitamin B2: 0.52mg (30.81%), Vitamin B12: 1.72µg (28.68%), Folate: 110.91µg (27.73%), Zinc: 3.55mg (23.66%), Iron: 3.92mg (21.77%), Magnesium: 84.99mg (21.25%), Vitamin B5: 2.12mg (21.18%), Vitamin E: 2.73mg (18.2%), Copper: 0.35mg (17.26%), Fiber: 3.97g (15.89%), Calcium: 91.37mg (9.14%), Vitamin D: 1.23µg (8.18%)