

## Salmon Hash With Potatoes & Dill



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

### Ingredients

- 1 tablespoon dijon mustard
- 2 tablespoons optional: dill fresh chopped
- 2 tablespoons catsup
- 2 tablespoons olive oil
- 1 large onion cut into 1/2-inch dice
- 1 pound salmon fillet boneless skinless cut into 1/2-inch dice
- 1 pinch salt and pepper black freshly ground
- 1.5 pounds starchy potatoes cut into 1/2-inch dice (such as Idaho)

2 tablespoons water

## Equipment

bowl

frying pan

baking sheet

## Directions

Heat 2 Tbs. oil over low heat in a 12-inch non-stick skillet (so potatoes don't stick). While skillet heats, prepare onion and salmon as directed above. A few minutes before cooking, increase heat to medium-high. When oil starts to send up wisps of smoke, add onion and salmon; cook, stirring often, until golden brown. Meanwhile, dice potatoes and toss with remaining oil.

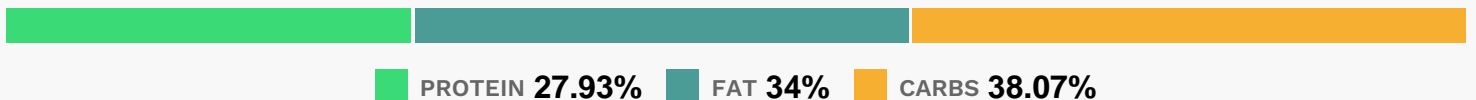
Transfer salmon mixture to a bowl and reserve.

Add potatoes to empty skillet; cook, stirring only occasionally so they form a golden-brown crust, about 10 minutes. As potatoes cook, mix ketchup, mustard, fresh dill and 2 Tbs. of water. (Recipe can be prepared to this point up to 2 hours ahead.)

Spread hot potatoes on a large lipped cookie sheet; cover when cool. Return skillet to medium-high; add potatoes and re-crisp.)

Return reserved salmon mixture to skillet; stir in ketchup mixture, then season with salt and pepper. Cook, stirring frequently, until hash has nicely browned, about 5 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:47.69, Glycemic Load:24.97, Inflammation Score:-6, Nutrition Score:24.378695850787%

## 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 Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.79mg, Quercetin: 7.79mg,

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## Nutrients (% of daily need)

Calories: 382.29kcal (19.11%), Fat: 14.5g (22.31%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 33.48g (12.17%), Sugar: 4.3g (4.77%), Cholesterol: 62.37mg (20.79%), Sodium: 169.82mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.8g (53.6%), Vitamin B6: 1.57mg (78.72%), Selenium: 43.59µg (62.27%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 10.85mg (54.24%), Potassium: 1348.28mg (38.52%), Phosphorus: 337.4mg (33.74%), Vitamin B2: 0.51mg (30.16%), Vitamin B1: 0.42mg (28.07%), Vitamin B5: 2.46mg (24.61%), Copper: 0.48mg (24.21%), Magnesium: 78.76mg (19.69%), Manganese: 0.36mg (18.12%), Vitamin C: 12.96mg (15.71%), Folate: 60.53µg (15.13%), Iron: 2.59mg (14.39%), Fiber: 3.04g (12.17%), Zinc: 1.32mg (8.82%), Vitamin E: 1.16mg (7.7%), Vitamin K: 7.75µg (7.38%), Calcium: 48.65mg (4.87%), Vitamin A: 104.52IU (2.09%)