



Savory Sweet Potato Hash

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

READY IN



35 min.

SERVINGS



6

CALORIES



261 kcal

SIDE DISH

Ingredients

- 4 slices bacon diced
- 0.5 cup chicken broth
- 0.3 teaspoon thyme leaves dried
- 1 tablespoon parsley fresh chopped
- 1 large apples i use 2 granny smith apples peeled chopped
- 0.3 teaspoon ground allspice
- 1 tablespoon olive oil
- 0.5 medium onion diced

- 0.5 cup pecans toasted chopped
- 3 medium size sweet potatoes chopped

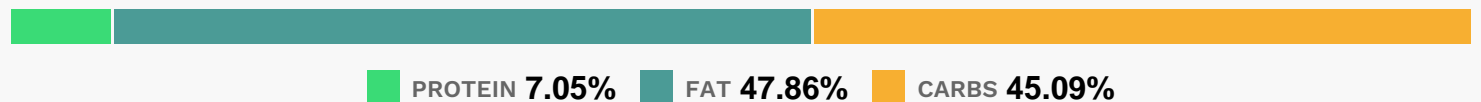
Equipment

- frying pan

Directions

- Saut bacon in hot oil in a large nonstick skillet over medium-high heat 3 minutes or until brown.
- Add onion, and saut 2 minutes. Stir in sweet potatoes, and saut 5 minutes. Stir in apple and next 3 ingredients, and cook, stirring often, 8 to 10 minutes or until potatoes and apple are tender.
- Spoon mixture into a serving dish, and sprinkle evenly with pecans and parsley.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:12.81, Inflammation Score:-10, Nutrition Score:13.884782547536%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 2.87mg, Epicatechin: 2.87mg, Epicatechin: 2.87mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 260.72kcal (13.04%), Fat: 14.28g (21.97%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 24.99g (9.09%), Sugar: 9.4g (10.44%), Cholesterol: 10.07mg (3.36%), Sodium: 233.14mg

(10.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.47%), Vitamin A: 16120.2IU (322.4%), Manganese: 0.7mg (35.25%), Fiber: 5.29g (21.14%), Vitamin B6: 0.32mg (15.99%), Vitamin K: 16.23µg (15.46%), Copper: 0.29mg (14.71%), Potassium: 505.28mg (14.44%), Vitamin B1: 0.2mg (13.24%), Vitamin B5: 1.1mg (10.95%), Magnesium: 43.5mg (10.88%), Phosphorus: 105.18mg (10.52%), Vitamin C: 6.13mg (7.43%), Vitamin B3: 1.42mg (7.08%), Vitamin B2: 0.12mg (6.83%), Iron: 1.15mg (6.38%), Zinc: 0.94mg (6.27%), Vitamin E: 0.89mg (5.95%), Selenium: 4.07µg (5.81%), Calcium: 47.81mg (4.78%), Folate: 18.26µg (4.56%), Vitamin B12: 0.08µg (1.29%)