



## Skillet Hash and Eggs

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



517 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon dill seed
- ☐ 8 large eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 pound kielbasa cut into 1/2-inch pieces ( 2 cups)
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 scallions sliced
- ☐ 1 large onion sweet chopped
- ☐ 2 tablespoons butter unsalted

☐ 1.3 pounds yukon gold potatoes

## Equipment

☐ frying pan

☐ oven

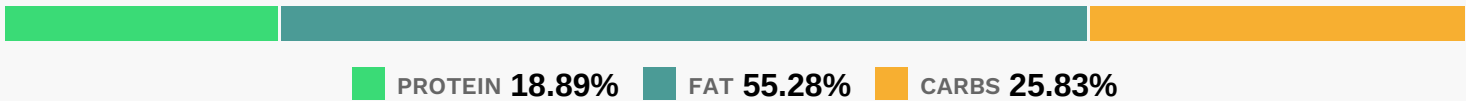
☐ microwave

☐ spatula

## Directions

- ☐ Preheat the oven to 400 degrees F. Pierce the potatoes in a few places with a fork and microwave until almost tender, about 10 minutes, turning halfway through.
- ☐ Let cool slightly, then peel and cut into 1/2-inch dice.
- ☐ Heat the butter in a large cast-iron skillet over medium-high heat.
- ☐ Add the kielbasa and cook, stirring, until it starts to brown, about 3 minutes.
- ☐ Add the onion and caraway seeds and cook until the onion is soft, about 3 minutes.
- ☐ Stir in the potatoes, then flatten the hash into an even layer, pressing gently with a spatula. Cook undisturbed until crunchy and browned on the bottom, about 5 minutes. Flip the hash in sections and cook until browned on the other side, about 5 more minutes.
- ☐ Remove from the heat.
- ☐ Using a spoon, make 4 shallow indentations in the hash and crack 2 eggs into each.
- ☐ Transfer to the oven and bake until the egg whites set, about 10 minutes. Season with salt and pepper and top with the parsley and scallions.
- ☐ Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:43.94, Glycemic Load:18.5, Inflammation Score:-7, Nutrition Score:25.119565217391%

## Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg

Nutrients (% of daily need)

Calories: 517.13kcal (25.86%), Fat: 31.73g (48.81%), Saturated Fat: 12.63g (78.91%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 29.17g (10.61%), Sugar: 5.79g (6.44%), Cholesterol: 426.74mg (142.25%), Sodium: 850.49mg (36.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.8%), Selenium: 41.71µg (59.59%), Vitamin K: 48.95µg (46.62%), Vitamin C: 36.3mg (44%), Vitamin B6: 0.81mg (40.5%), Phosphorus: 384.73mg (38.47%), Vitamin B2: 0.61mg (36.05%), Vitamin B1: 0.48mg (31.89%), Potassium: 1000.34mg (28.58%), Vitamin B12: 1.46µg (24.29%), Folate: 96.96µg (24.24%), Vitamin B5: 2.31mg (23.09%), Iron: 4.14mg (23.02%), Zinc: 2.97mg (19.79%), Vitamin A: 947.8IU (18.96%), Vitamin B3: 3.7mg (18.5%), Manganese: 0.35mg (17.62%), Fiber: 4.18g (16.72%), Copper: 0.33mg (16.7%), Magnesium: 62.98mg (15.74%), Vitamin D: 2.11µg (14.03%), Calcium: 106.97mg (10.7%), Vitamin E: 1.3mg (8.65%)