

# Skillet Hash Browns



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



342 kcal

SIDE DISH

## Ingredients

- ☐ 0.3 teaspoons pepper black freshly ground
- ☐ 6 servings sea salt (such as Maldon)
- ☐ 1.5 teaspoons kosher salt
- ☐ 3 pounds russet potatoes shredded peeled
- ☐ 2 bunches scallions separated thinly sliced
- ☐ 8 tablespoons vegetable oil divided

## Equipment

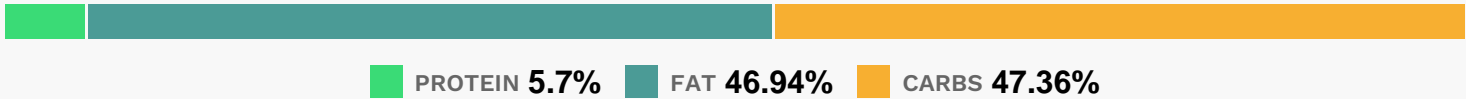
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ colander

## Directions

- ☐ Rinse potatoes in a colander under cold water until water runs clear. Squeeze firmly to remove excess liquid.
- ☐ Transfer to a large bowl.
- ☐ Add salt and pepper; toss to coat.
- ☐ Heat 6 tablespoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of potatoes; press gently into an even layer.
- ☐ Sprinkle with scallion whites. Top with remaining potatoes; press gently again. Cook until golden brown on bottom and sides, 10–15 minutes.
- ☐ Slide hash browns onto a plate. Carefully place skillet upside down over hash browns and flip to invert into skillet, browned side up.
- ☐ Drizzle remaining 2 tablespoons oil around sides of skillet. Cook hash browns until bottom is golden brown, 10–15 minutes longer; slide onto a plate and season with sea salt. Top with scallion greens and cut into wedges.
- ☐ DO AHEAD: Hash browns can be made 1 hour ahead.
- ☐ Place on a wire rack set inside a large rimmed baking sheet and keep them in a 200°F oven. Top with scallions before serving.

## Nutrition Facts



## Properties

Glycemic Index:24.79, Glycemic Load:32.37, Inflammation Score:-4, Nutrition Score:12.390869586364%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 342.24kcal (17.11%), Fat: 18.33g (28.2%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 38.45g (13.98%), Sugar: 1.59g (1.77%), Cholesterol: 0mg (0%), Sodium: 787.8mg (34.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin K: 54.13µg (51.55%), Vitamin B6: 0.79mg (39.38%), Potassium: 969.09mg (27.69%), Manganese: 0.38mg (19.07%), Vitamin C: 14.43mg (17.49%), Magnesium: 53.93mg (13.48%), Phosphorus: 127.83mg (12.78%), Fiber: 3.18g (12.71%), Vitamin B1: 0.19mg (12.7%), Copper: 0.24mg (12.1%), Vitamin B3: 2.39mg (11.95%), Iron: 2.09mg (11.6%), Vitamin E: 1.55mg (10.34%), Folate: 36.89µg (9.22%), Vitamin B5: 0.69mg (6.9%), Vitamin B2: 0.08mg (4.79%), Zinc: 0.69mg (4.61%), Calcium: 36.09mg (3.61%), Vitamin A: 82.48IU (1.65%), Selenium: 0.96µg (1.37%)