



Smoked Ham Hash

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 2 tablespoons half-and-half
- ☐ 2 cups hash brown potatoes frozen with onions and peppers (such as ore-ida potatoes o'brien)
- ☐ 2 teaspoons catsup

- ☐ 1 cup onion chopped
- ☐ 0.8 cup bell pepper red chopped
- ☐ 1.5 cups ham smoked chopped
- ☐ 2 teaspoons worcestershire sauce

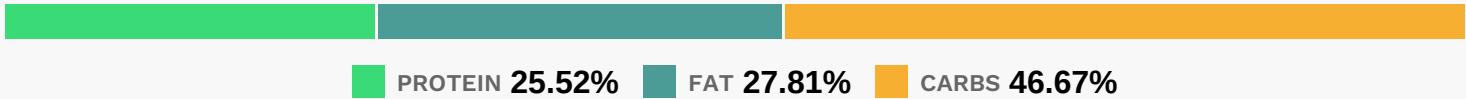
Equipment

- ☐ frying pan

Directions

- ☐ Heat butter in a large nonstick skillet over medium-high heat.
- ☐ Add potatoes, onion, and bell pepper to pan; saut 5 minutes or until lightly browned. Stir in broth, half-and-half, Worcestershire, and ketchup; bring to a boil. Cook 5 minutes or until liquid almost evaporates. Stir in ham and black pepper; cook 1 1/2 minutes or until thoroughly heated.
- ☐ Sprinkle with onions and parsley.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:6.57, Inflammation Score:-8, Nutrition Score:13.738695631857%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg

Nutrients (% of daily need)

Calories: 217.63kcal (10.88%), Fat: 6.94g (10.68%), Saturated Fat: 3.32g (20.72%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 23.3g (8.47%), Sugar: 4.29g (4.77%), Cholesterol: 40.75mg (13.58%), Sodium: 1238.28mg (53.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.68%), Vitamin C: 51.11mg (61.96%), Vitamin K: 41.19µg (39.23%), Vitamin A: 1203.81IU (24.08%), Phosphorus: 239mg (23.9%), Potassium: 675.77mg (19.31%), Copper: 0.31mg (15.47%), Iron: 2.53mg (14.08%), Manganese: 0.27mg (13.6%), Vitamin B3: 2.65mg (13.26%), Vitamin

B6: 0.24mg (12.22%), Fiber: 2.92g (11.68%), Magnesium: 42.87mg (10.72%), Zinc: 1.61mg (10.71%), Vitamin B1: 0.15mg (9.97%), Folate: 31.28µg (7.82%), Vitamin B5: 0.62mg (6.18%), Vitamin B2: 0.1mg (5.62%), Calcium: 49.36mg (4.94%), Vitamin E: 0.62mg (4.14%), Selenium: 2.75µg (3.93%), Vitamin B12: 0.19µg (3.17%)