



Smoked Salmon Hash



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1.5 pounds yukon gold potatoes diced peeled
- ☐ 1 cup onion chopped
- ☐ 4 ounces hot-smoked salmon
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 2 teaspoons horseradish prepared
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons green onion greens chopped

- ☐ 1 tablespoon parsley fresh minced
- ☐ 4 servings salt and pepper black to taste
- ☐ 4 servings lemon wedges and extra cream sour for serving

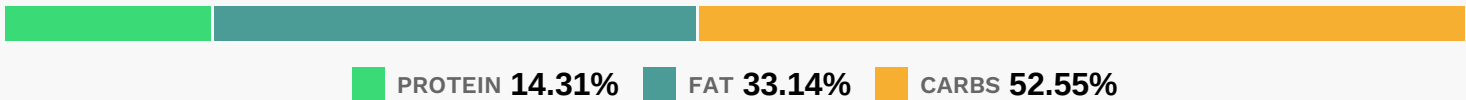
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Heat the oil in a large cast iron frying pan on medium heat.
- ☐ Add the potatoes and onions, stirring to coat with the oil.
- ☐ Spread the potatoes and onions out in an even layer in the pan.
- ☐ Sprinkle the potatoes with a little salt.
- ☐ Cook, using a metal spatula to scrape the bottom of the pan and turn the potatoes over every 2–3 minutes, until the potatoes are mostly browned and cooked through, about 15–20 minutes.
- ☐ Mix salmon, sour cream, horseradish, mustard, chives, parsley: While the potatoes are cooking, gently mix the salmon, sour cream, horseradish, mustard, chives and parsley into a bowl.
- ☐ Fold salmon mixture into cooked potatoes, rest 5 minutes: When the potatoes are done, turn off the heat and fold in the salmon mixture until it is well combined.
- ☐ Add salt and pepper to taste.
- ☐ Let this sit in the pan for 5 minutes before serving; the carryover heat in the pan will heat everything through.
- ☐ Sprinkle with a little lemon juice if you want, and serve with a little extra sour cream on the side.
- ☐ Serve with runny eggs.

Nutrition Facts



Properties

Glycemic Index:66.81, Glycemic Load:22.72, Inflammation Score:-6, Nutrition Score:15.642608787702%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.65mg, Quercetin: 9.65mg, Quercetin: 9.65mg, Quercetin: 9.65mg

Nutrients (% of daily need)

Calories: 257.48kcal (12.87%), Fat: 9.66g (14.86%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 29.76g (10.82%), Sugar: 3.55g (3.94%), Cholesterol: 10.06mg (3.35%), Sodium: 455.17mg (19.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.77%), Vitamin C: 39.57mg (47.97%), Vitamin D: 4.85µg (32.32%), Vitamin B6: 0.64mg (31.86%), Vitamin K: 30.39µg (28.94%), Potassium: 854.96mg (24.43%), Fiber: 4.7g (18.79%), Manganese: 0.33mg (16.64%), Phosphorus: 163.58mg (16.36%), Vitamin B3: 3.23mg (16.15%), Vitamin B12: 0.94µg (15.61%), Selenium: 10.64µg (15.19%), Copper: 0.27mg (13.62%), Magnesium: 51.29mg (12.82%), Vitamin B1: 0.17mg (11.18%), Iron: 1.84mg (10.22%), Folate: 40.81µg (10.2%), Vitamin E: 1.47mg (9.79%), Vitamin B5: 0.83mg (8.34%), Vitamin B2: 0.11mg (6.41%), Zinc: 0.72mg (4.81%), Calcium: 44.97mg (4.5%), Vitamin A: 181.55IU (3.63%)