



Smothered-Covered Hash Browns



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 8 slices processed cheese food
- ☐ 16 ounce hash browns shredded frozen thawed
- ☐ 1 medium onion diced
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons vegetable oil divided

Equipment

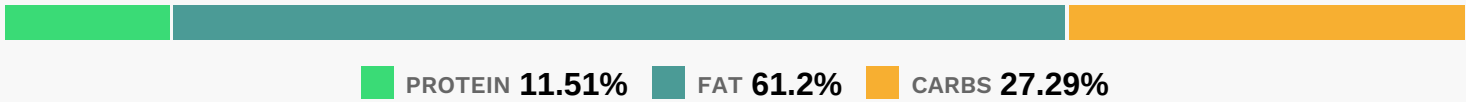
- ☐ bowl

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Saut onion in 1 tablespoon hot vegetable oil over medium heat 8 minutes or until tender.
- ☐ Stir together onion, hash browns, salt, and pepper in a large bowl.
- ☐ Heat 1 tablespoon oil in a large non-stick skillet over medium-high heat. Drop hash brown mixture into 3 1/2-inch rounds. Cook, in batches, 5 minutes on each side, or until lightly browned, adding remaining oil as necessary. Press down with a spatula to flatten; top each round with a cheese slice. Cook 5 minutes.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:3.38, Inflammation Score:-3, Nutrition Score:5.636956523294%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 175.3kcal (8.77%), Fat: 12.15g (18.69%), Saturated Fat: 4.67g (29.19%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 11.13g (4.05%), Sugar: 1.06g (1.18%), Cholesterol: 21mg (7%), Sodium: 654.64mg (28.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Calcium: 229.02mg (22.9%), Phosphorus: 165.44mg (16.54%), Vitamin K: 10.18µg (9.7%), Vitamin C: 5.67mg (6.87%), Selenium: 4.49µg (6.41%), Manganese: 0.13mg (6.29%), Potassium: 211.11mg (6.03%), Vitamin B12: 0.31µg (5.25%), Vitamin B3: 0.98mg (4.88%), Zinc: 0.67mg (4.45%), Vitamin B1: 0.06mg (4.31%), Fiber: 1.06g (4.24%), Iron: 0.73mg (4.07%), Vitamin A: 199.41IU (3.99%), Vitamin E: 0.59mg (3.93%), Vitamin B6: 0.08mg (3.88%), Copper: 0.07mg (3.65%), Vitamin B2: 0.06mg (3.59%), Magnesium: 13.29mg (3.32%), Vitamin B5: 0.29mg (2.86%), Folate: 6.58µg (1.65%)