



Southern Crab Hash

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



589 kcal

SIDE DISH

Ingredients

- 6 slices bacon
- 1 pinch cayenne
- 4 servings cooking oil
- 3 ounces cream cheese
- 0.1 teaspoon fresh-ground pepper black
- 0.8 pound lump crab meat
- 0.3 cup milk
- 1 onion chopped

- 2 pounds potatoes boiling peeled cut into 3/4-inch pieces
- 0.5 teaspoon salt
- 3 tablespoons scallion tops fresh chopped
- 1.5 teaspoons worcestershire sauce

Equipment

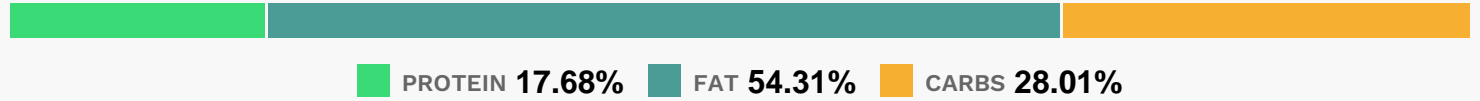
- frying pan
- sauce pan

Directions

- Put the potatoes in a medium saucepan of salted water. Bring to a boil. Lower the heat; simmer until almost tender, about 5 minutes.
- Drain.
- In a large nonstick or cast-iron frying pan, cook the bacon until crisp.
- Remove the bacon from the pan and crumble it.
- Pour off and reserve all but 1 tablespoon of the fat from the pan.
- Add the onion to the pan and cook over moderate heat, stirring frequently, until browned, about 8 minutes.
- Remove the onion. Wipe out the pan.
- In the same pan, heat the reserved bacon fat and enough oil to measure 3 tablespoons over moderately high heat.
- Add the potatoes; let them cook, without stirring, for 6 minutes.
- Add 1/4 teaspoon of the salt, stir, and cook the potatoes until well browned, about 6 minutes longer.
- Add the onion and bacon and continue cooking until they are warm through, about 1 minute longer.
- In a medium saucepan, heat the cream cheese, milk, Worcestershire sauce, cayenne, and the remaining 1/4 teaspoon salt over moderately low heat, stirring, until hot, about 5 minutes.
- Add the crab and black pepper and cook, stirring, until warm through, about 2 minutes longer. Stir the crab mixture and 2 tablespoons of the chives into the potatoes until just combined.

- Serve topped with the remaining 1 tablespoon chives.
- Wine Recommendation: The sweetness of crab is often at its best paired with a full-bodied chardonnay, which will also be good with the bacon, potatoes, and cream cheese. Try a bottle from California or Australia.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:28.007391349129%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 588.78kcal (29.44%), Fat: 35.78g (55.04%), Saturated Fat: 10.17g (63.56%), Carbohydrates: 41.52g (13.84%), Net Carbohydrates: 37.12g (13.5%), Sugar: 5.89g (6.55%), Cholesterol: 80.81mg (26.94%), Sodium: 1363.97mg (59.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.4%), Vitamin B12: 7.95µg (132.47%), Selenium: 41.02µg (58.6%), Copper: 1.13mg (56.29%), Zinc: 6.43mg (42.89%), Phosphorus: 421.08mg (42.11%), Potassium: 1387.91mg (39.65%), Vitamin C: 29.11mg (35.29%), Vitamin B6: 0.66mg (32.95%), Magnesium: 103.41mg (25.85%), Vitamin B3: 4.97mg (24.85%), Vitamin B1: 0.34mg (22.73%), Folate: 87.96µg (21.99%), Vitamin K: 22.1µg (21.05%), Manganese: 0.41mg (20.46%), Vitamin E: 2.83mg (18.83%), Fiber: 4.4g (17.61%), Iron: 2.54mg (14.11%), Vitamin B5: 1.33mg (13.34%), Vitamin B2: 0.22mg (12.76%), Calcium: 114.13mg (11.41%), Vitamin A: 469.77IU (9.4%), Vitamin D: 0.3µg (2%)