



Southwestern Hash

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

Ingredients

- 1 teaspoon ancho chili powder
- 1 can no-salt-added black beans drained and rinsed
- 4 eggs
- 0.3 cup cilantro leaves fresh chopped
- 3 cloves garlic minced
- 1 cup bell pepper diced green
- 0.3 teaspoon ground cumin
- 1 tablespoon olive oil

- 1 cup onion diced
- 0.5 teaspoon oregano dried
- 4 servings pepper sauce hot for serving
- 1 pound potatoes red cut into 1/2-inch cubes
- 4 servings salt and pepper black freshly ground
- 2.5 cups tomatoes diced

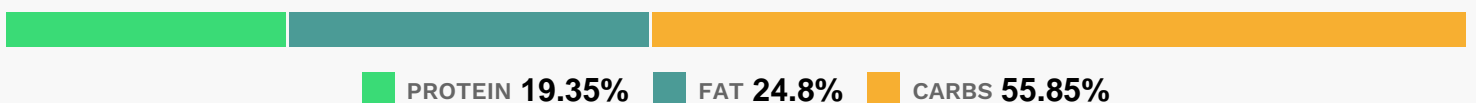
Equipment

- frying pan
- paper towels

Directions

- Place the potatoes in a large non-stick skillet. Cover with water, bring to a boil and cook until the potatoes are tender, about 8 minutes.
- Drain and set potatoes aside.
- Dry the skillet with a paper towel.
- Add the oil and heat over a medium-high heat.
- Add the onions and peppers and cook until vegetables have softened, about 6 minutes. Stir in the potatoes, garlic, cumin, oregano, and chili powder.
- Add the tomatoes and beans and simmer for 5 minutes or until heated through. Season with salt and pepper. Stir in cilantro.
- Transfer the hash onto serving plates. With the heat off, wipe out the pan again. Spray it with cooking spray, turn heat on to medium-low and cook the eggs, sunny-side up, or over-easy. Put an egg on top of each mound of hash.
- Serve with hot sauce.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:4.93, Inflammation Score:-9, Nutrition Score:23.025652367136%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg

Nutrients (% of daily need)

Calories: 302.41kcal (15.12%), Fat: 8.6g (13.23%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 33.39g (12.14%), Sugar: 6.75g (7.5%), Cholesterol: 163.68mg (54.56%), Sodium: 103.09mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.2%), Vitamin C: 56.58mg (68.58%), Fiber: 10.2g (40.8%), Folate: 161.17µg (40.29%), Manganese: 0.73mg (36.71%), Potassium: 1175.46mg (33.58%), Phosphorus: 291.94mg (29.19%), Vitamin A: 1408.62IU (28.17%), Vitamin B6: 0.56mg (28.03%), Magnesium: 94.91mg (23.73%), Vitamin B1: 0.34mg (22.94%), Selenium: 15.48µg (22.12%), Copper: 0.43mg (21.41%), Vitamin K: 22.23µg (21.17%), Iron: 3.73mg (20.7%), Vitamin B2: 0.32mg (19.02%), Vitamin B5: 1.34mg (13.4%), Zinc: 1.98mg (13.23%), Vitamin B3: 2.54mg (12.69%), Vitamin E: 1.9mg (12.69%), Calcium: 87.35mg (8.74%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)