



Speedy Herbed Chicken Hash

 **Gluten Free**  **Dairy Free**

READY IN



24 min.

SERVINGS



5

CALORIES



264 kcal

SIDE DISH

Ingredients

- 2.5 cups meat from a rotisserie chicken cooked chopped
- 0.5 teaspoon rosemary dried crushed
- 0.3 teaspoon ground pepper
- 0.5 teaspoon ground sage
- 26 ounce hash brown potatoes frozen country-style thawed
- 0.5 cup no-salt-added chicken broth canned
- 2 teaspoons butter
- 10 ounce onion thawed chopped

0.3 teaspoon salt

Equipment

frying pan

Directions

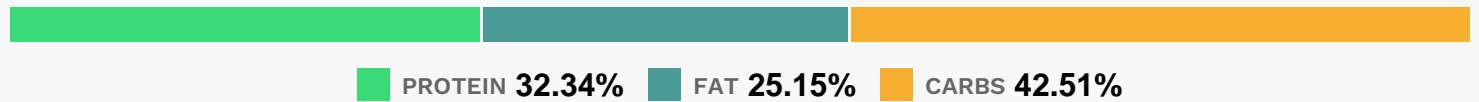
Coat a large nonstick skillet with cooking spray; add margarine.

Place over medium-high heat until margarine melts.

Add potatoes and vegetable blend; cook 7 minutes or until potatoes begin to brown, stirring occasionally.

Add chicken and remaining ingredients; stir well. Cover and cook over medium-high heat 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:7.72, Inflammation Score:-5, Nutrition Score:13.013478268748%

Flavonoids

Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 264.19kcal (13.21%), Fat: 7.41g (11.4%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 25.18g (9.16%), Sugar: 0.79g (0.88%), Cholesterol: 52.5mg (17.5%), Sodium: 272.53mg (11.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.87%), Vitamin B3: 8.48mg (42.38%), Selenium: 17.9µg (25.56%), Vitamin B6: 0.46mg (23.02%), Phosphorus: 225.01mg (22.5%), Potassium: 750.55mg (21.44%), Vitamin C: 13.86mg (16.8%), Vitamin K: 16.95µg (16.14%), Manganese: 0.3mg (14.95%), Iron: 2.47mg (13.73%), Vitamin B1: 0.2mg (13.25%), Vitamin B5: 1.3mg (12.99%), Fiber: 3g (12.02%), Copper: 0.22mg (10.96%), Zinc: 1.47mg (9.82%), Vitamin B2: 0.16mg (9.64%), Magnesium: 37.69mg (9.42%), Folate: 29.9µg (7.48%), Vitamin A: 356.27IU (7.13%), Calcium: 48.17mg (4.82%), Vitamin B12: 0.23µg (3.81%), Vitamin E: 0.22mg (1.45%)