



Steak Hash with Poached Eggs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 0.3 cup eggplant chopped
- 4 large eggs
- 1.3 pounds fingerling potatoes coarsely chopped
- 3 tablespoons parsley fresh chopped
- 1.5 cups grape tomatoes chopped
- 1.5 teaspoons olive oil extra virgin extra-virgin
- 1 cup onion red finely chopped

- 0.3 cup roasted peppers red chopped
- 0.4 teaspoon salt
- 1 tablespoon sherry vinegar
- 6 ounces fat-trimmed beef flank steak chopped

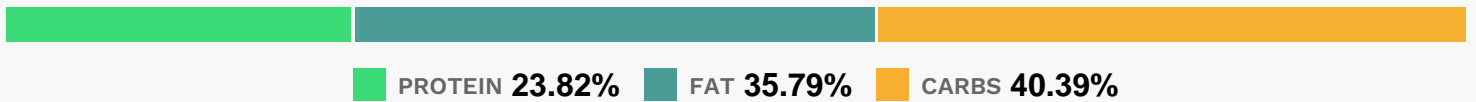
Equipment

- frying pan
- slotted spoon

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add onion; cook 6 minutes or until tender, stirring occasionally.
- Add tomatoes; cook 1 minute, stirring occasionally.
- Add eggplant and next 3 ingredients (through Chili-Espresso Rubbed Steak); cook 3 minutes or until heated. Stir in salt and 1/4 teaspoon pepper. Keep steak mixture warm.
- Add water to a large skillet, filling two-thirds full. Bring to a boil; reduce heat, and simmer.
- Add vinegar. Break eggs into pan; cook 3 minutes or until desired degree of doneness. Carefully remove eggs from pan using a slotted spoon. Spoon about 1 1/2 cups hash onto each of 4 plates; top each serving with 1 egg.
- Sprinkle evenly with remaining 1/4 teaspoon pepper and parsley.

Nutrition Facts



Properties

Glycemic Index:60.69, Glycemic Load:19.63, Inflammation Score:-8, Nutrition Score:22.117825881295%

Flavonoids

Delphinidin: 4.39mg, Delphinidin: 4.39mg, Delphinidin: 4.39mg, Delphinidin: 4.39mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.49mg, Kaempferol: 1.49mg,

Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg

Nutrients (% of daily need)

Calories: 313.69kcal (15.68%), Fat: 12.61g (19.41%), Saturated Fat: 4.53g (28.31%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 27.15g (9.87%), Sugar: 4.66g (5.18%), Cholesterol: 211.94mg (70.65%), Sodium: 445.98mg (19.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.89g (37.78%), Vitamin C: 46.73mg (56.64%), Vitamin K: 58.75µg (55.95%), Vitamin B6: 0.79mg (39.44%), Selenium: 26.41µg (37.73%), Potassium: 1016.52mg (29.04%), Phosphorus: 271.46mg (27.15%), Vitamin B2: 0.4mg (23.81%), Zinc: 3.46mg (23.08%), Vitamin A: 1046.22IU (20.92%), Vitamin B3: 4.12mg (20.58%), Manganese: 0.41mg (20.55%), Fiber: 4.89g (19.56%), Vitamin B12: 1.15µg (19.18%), Iron: 3.27mg (18.15%), Folate: 70.57µg (17.64%), Magnesium: 61.44mg (15.36%), Copper: 0.29mg (14.73%), Vitamin B1: 0.22mg (14.46%), Vitamin B5: 1.32mg (13.18%), Vitamin E: 1.11mg (7.37%), Calcium: 72.45mg (7.24%), Vitamin D: 1.04µg (6.95%)