

Sweet Patater Hash



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon sea salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 small cubanelle peppers diced
- ☐ 2 pounds sweet potatoes and into diced peeled
- ☐ 1 tablespoon vegetable oil

☐ 0.5 onion diced yellow

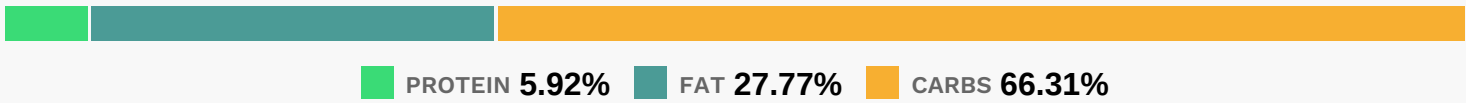
Equipment

- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Combine the sweet potatoes,butter,vegetable oil, peppers, onion, chili powder and granulated garlic in a large mixing bowl. Season with some salt and pepper and toss, making sure everything is coated evenly.
- ☐ Spread the mixture out onto a baking tray and place in the oven.
- ☐ Bake until the potatoes are knife tender with a crispy exterior, about 20 minutes, stirring twice during the cooking process.
- ☐ Remove the hash from the oven, increase the oven temperature to broil and broil for 5 minutes to brown. To finish, toss the potatoes with the chopped parsley and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:23.02, Inflammation Score:-10, Nutrition Score:21.097391250989%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.05mg, Quercetin:

4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 296.75kcal (14.84%), Fat: 9.39g (14.45%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 50.48g (16.83%), Net Carbohydrates: 42.17g (15.33%), Sugar: 11.47g (12.75%), Cholesterol: 15.05mg (5.02%), Sodium: 181.75mg (7.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin A: 32873.41IU (657.47%), Vitamin C: 53.76mg (65.16%), Vitamin K: 48.48µg (46.17%), Manganese: 0.7mg (35.12%), Fiber: 8.31g (33.26%), Vitamin B6: 0.64mg (32%), Potassium: 914.29mg (26.12%), Copper: 0.4mg (19.89%), Vitamin B5: 1.91mg (19.13%), Magnesium: 66.26mg (16.56%), Vitamin B1: 0.22mg (14.77%), Phosphorus: 129.28mg (12.93%), Iron: 1.87mg (10.36%), Vitamin B2: 0.17mg (9.88%), Vitamin E: 1.45mg (9.67%), Folate: 36.87µg (9.22%), Calcium: 83.88mg (8.39%), Vitamin B3: 1.64mg (8.2%), Zinc: 0.85mg (5.66%), Selenium: 1.79µg (2.55%)