



Sweet Plantain and Potato Hash



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

Ingredients

- ☐ 4 servings avocado for serving
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup onion finely chopped
- ☐ 2 plantains ripe peeled cut into cubes
- ☐ 4 servings poached eggs for serving
- ☐ 1 small bell pepper red finely chopped
- ☐ 2 large red-skinned potato cut into inch cubes

- ☐ 4 servings salt and pepper
- ☐ 2 scallions chopped
- ☐ 2 tablespoons vegetable oil

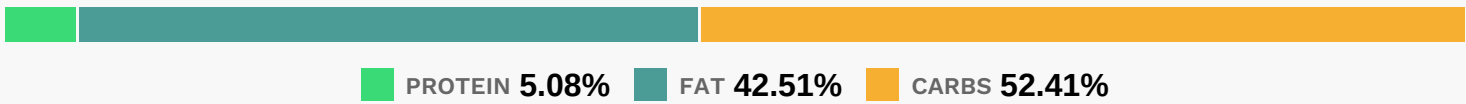
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Put the red potato in a pot and add water to cover. Bring the water to a boil over high heat, reduce the heat to medium-high and cook until the potatoes are almost tender, about 10 minutes.
- ☐ Drain and set aside. Meanwhile, in a large sauce pan over medium-high heat, warm the oil.
- ☐ Add the bell pepper, onion, garlic, scallions and sauté until the onion is translucent, about 2 minutes.
- ☐ Add the plantains, spreading them in a single layer. Reduce the heat to medium and cook, stirring occasionally, until the plantains start to brown and the pepper is soft, about 3 minutes.
- ☐ Add the potatoes and cumin. Season with salt and pepper and cook, stirring, until the potatoes start to break down, about 1 minute. Divide the hash among individual plates or bowls.
- ☐ Place an egg on top of each serving of hash, garnish with diced avocado and serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:2.02, Inflammation Score:-10, Nutrition Score:28.935652131296%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg

Nutrients (% of daily need)

Calories: 437.63kcal (21.88%), Fat: 22.21g (34.17%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 61.63g (20.54%), Net Carbohydrates: 49.15g (17.87%), Sugar: 24.79g (27.55%), Cholesterol: 3.7mg (1.23%), Sodium: 243.71mg (10.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin A: 19102.09IU (382.04%), Vitamin C: 72.36mg (87.71%), Vitamin K: 74.88µg (71.31%), Fiber: 12.47g (49.9%), Vitamin B6: 0.86mg (42.88%), Potassium: 1474.27mg (42.12%), Manganese: 0.83mg (41.71%), Folate: 126.46µg (31.61%), Vitamin B5: 2.59mg (25.9%), Vitamin E: 3.62mg (24.12%), Magnesium: 94.36mg (23.59%), Copper: 0.43mg (21.62%), Vitamin B3: 3.96mg (19.81%), Vitamin B2: 0.33mg (19.48%), Vitamin B1: 0.26mg (17.02%), Phosphorus: 153.38mg (15.34%), Iron: 2.13mg (11.82%), Zinc: 1.28mg (8.52%), Calcium: 69.42mg (6.94%), Selenium: 2.71µg (3.87%)