



Sweet Potato-and-Edamame Hash



Gluten Free



Dairy Free

READY IN



42 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup chicken broth
- ☐ 12 oz kernel corn whole frozen
- ☐ 8 oz ham smoked diced lean
- ☐ 12 oz edamame green frozen shelled uncooked (soybeans)
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 1 onion sweet finely chopped
- ☐ 2 sweet potatoes peeled cut into 1/4-inch cubes
- ☐ 0.5 teaspoon salt

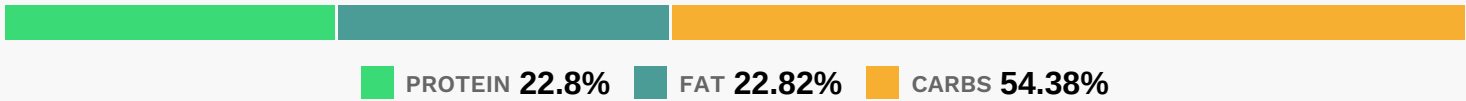
Equipment

- ☐ frying pan

Directions

- ☐ Saut ham and onion in hot oil in a nonstick skillet over medium-high heat 6 to 8 minutes or until onion is tender and ham is lightly browned. Stir in sweet potatoes, and saut 5 minutes.
- ☐ Add garlic; saut 1 minute. Stir in edamame and next 3 ingredients. Reduce heat to medium. Cover and cook, stirring occasionally, 10 to 12 minutes or until potatoes are tender. Stir in salt and pepper.
- ☐ Note: We tested with Birds Eye Steamfresh Super Sweet Corn.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:5.7, Inflammation Score:-10, Nutrition Score:10.676521817789%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 190.75kcal (9.54%), Fat: 4.9g (7.53%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 22.3g (8.11%), Sugar: 5.65g (6.28%), Cholesterol: 13.75mg (4.58%), Sodium: 620.65mg (26.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.01%), Vitamin A: 8058.5IU (161.17%), Potassium: 566.74mg (16.19%), Fiber: 3.95g (15.81%), Iron: 2.25mg (12.5%), Phosphorus: 123.21mg (12.32%), Manganese: 0.24mg (12.1%), Copper: 0.2mg (9.93%), Vitamin B6: 0.18mg (9%), Magnesium: 33.1mg (8.27%), Folate: 28.49µg (7.12%), Calcium: 69.14mg (6.91%), Vitamin C: 5.58mg (6.77%), Zinc: 0.88mg (5.88%), Vitamin B5: 0.5mg (5.01%), Vitamin B1:

0.07mg (4.68%), Vitamin B3: 0.74mg (3.69%), Vitamin B2: 0.06mg (3.42%), Vitamin E: 0.41mg (2.74%), Vitamin K:
2.41µg (2.29%)