



Sweet Potato and Zucchini Hash

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

Ingredients

- 1 tablespoon olive oil
- 2 medium sweet potatoes and into peeled cut into 1/2-inch pieces
- 1 small onion cut into 1/2-inch pieces
- 0.3 cup vegetable stock
- 2 medium zucchini cut into 1/2-inch pieces
- 1 teaspoon thyme sprigs fresh chopped
- 1 serving pepper black freshly ground
- 1 teaspoon vinegar white

4 eggs

Equipment

bowl

frying pan

paper towels

kitchen towels

slotted spoon

Directions

In 10- to 12-inch skillet with lid, heat oil over medium heat.

Add sweet potatoes and onion; cook about 5 minutes, stirring occasionally, until onions become translucent.

Add vegetable stock; cover and cook about 5 minutes or until sweet potatoes are tender.

Add zucchini and thyme; cook 2 to 3 minutes, stirring occasionally, until zucchini are tender. Season with salt and pepper. Keep warm over very low heat.

In 10-inch skillet, heat 2 to 3 inches of water to a rolling boil.

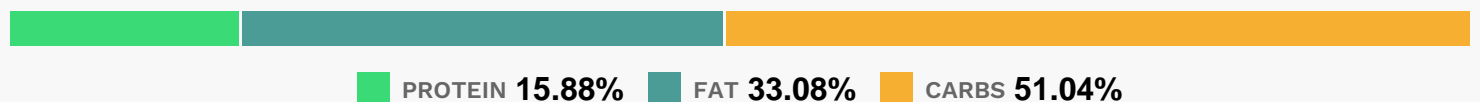
Add vinegar to water. Reduce heat until water is just simmering. Break each egg into custard cup or small bowl. Slip eggs one at a time into water. Cook 3 to 5 minutes or until whites and yolks are firm and not runny.

Meanwhile, divide sweet potato and zucchini hash among 4 plates.

With slotted spoon, carefully remove each egg from water. Dab on clean kitchen towel or paper towel to dry slightly.

Place on top of hash.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:12, Inflammation Score:-10, Nutrition Score:17.867826067883%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 216.23kcal (10.81%), Fat: 8.08g (12.43%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 23.32g (8.48%), Sugar: 8.2g (9.12%), Cholesterol: 163.68mg (54.56%), Sodium: 192.07mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.45%), Vitamin A: 16520.44IU (330.41%), Vitamin C: 22.35mg (27.09%), Manganese: 0.51mg (25.62%), Vitamin B6: 0.49mg (24.68%), Vitamin B2: 0.37mg (21.72%), Potassium: 726.3mg (20.75%), Selenium: 14.48µg (20.68%), Fiber: 4.74g (18.98%), Phosphorus: 183.16mg (18.32%), Vitamin B5: 1.8mg (18.02%), Folate: 60.18µg (15.05%), Magnesium: 53.78mg (13.44%), Copper: 0.26mg (13.21%), Iron: 1.97mg (10.94%), Vitamin B1: 0.16mg (10.54%), Vitamin E: 1.38mg (9.21%), Zinc: 1.26mg (8.4%), Vitamin K: 8.6µg (8.19%), Calcium: 80.49mg (8.05%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin B3: 1.13mg (5.67%)