



Sweet Potato, Bacon and Apple Hash



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



633 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon thick cut cut into lardons
- ☐ 2 granny smith apples cored cut into 1/2-inch dice
- ☐ 4 servings kosher salt
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 large onion cut in 1/2-inch dice
- ☐ 0.5 cup pumpkin seeds green toasted pepitas
- ☐ 4 scallions white green separated thinly sliced
- ☐ 2 garnet yams peeled cut into 1/2-inch dice

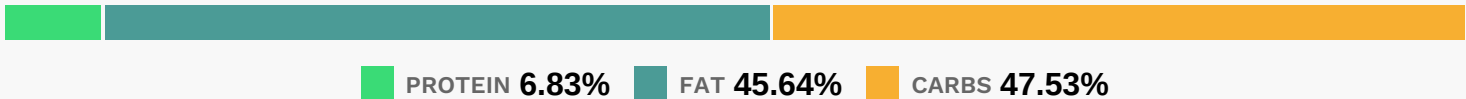
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a large bowl, add the sweet potatoes, drizzle with olive oil and sprinkle with salt, to taste. Toss to coat and arrange them on a baking sheet. Roast the sweet potatoes until they are soft but not mushy, about 10 to 15 minutes.
- ☐ Remove from the oven and reserve.
- ☐ Coat a large saute pan with olive oil.
- ☐ Add the bacon and put the pan over medium heat. When the bacon has started to get crispy and brown, add the onions, season with salt and saute until the onions are very soft and aromatic.
- ☐ Add the apples and the scallion whites and saute for 3 to 4 minutes. Stir in the sweet potatoes, and saute until the sweet potatoes are cooked through and starting to become crispy, about 7 to 8 minutes.
- ☐ Transfer to a serving platter and garnish with the scallion greens and pumpkin seeds.
- ☐ Fantastico!

Nutrition Facts



Properties

Glycemic Index:38.19, Glycemic Load:30.17, Inflammation Score:-8, Nutrition Score:23.888261046099%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.54mg, Quercetin: 12.54mg, Quercetin: 12.54mg, Quercetin: 12.54mg

Nutrients (% of daily need)

Calories: 632.56kcal (31.63%), Fat: 32.78g (50.44%), Saturated Fat: 7.53g (47.09%), Carbohydrates: 76.81g (25.6%), Net Carbohydrates: 64.58g (23.48%), Sugar: 12.5g (13.88%), Cholesterol: 23.76mg (7.92%), Sodium: 456.18mg (19.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.04g (22.09%), Manganese: 1.3mg (65.05%), Potassium: 2035.02mg (58.14%), Vitamin C: 45.28mg (54.88%), Fiber: 12.22g (48.89%), Vitamin B6: 0.81mg (40.61%), Vitamin K: 40.83µg (38.89%), Phosphorus: 291.3mg (29.13%), Copper: 0.55mg (27.28%), Magnesium: 106.49mg (26.62%), Vitamin B1: 0.4mg (26.38%), Vitamin E: 3.32mg (22.12%), Folate: 70.47µg (17.62%), Vitamin B3: 3.2mg (15.98%), Selenium: 9.72µg (13.88%), Iron: 2.43mg (13.52%), Zinc: 1.7mg (11.34%), Vitamin B5: 1.03mg (10.3%), Vitamin A: 473.93IU (9.48%), Vitamin B2: 0.15mg (8.94%), Calcium: 64.17mg (6.42%), Vitamin B12: 0.18µg (3%)