



Sweet Potato-Beet Hash



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 1 slice bacon cut into lardons
- ☐ 1 large beet fresh peeled cut into 1/4-inch dice
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion diced
- ☐ 1 large sweet potatoes and into peeled cut into 1/4-inch dice

Equipment

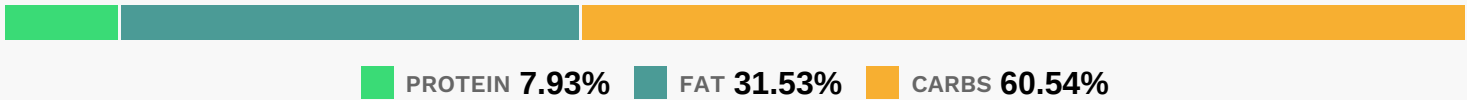
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F. Toss the cut sweet potatoes and beets with olive oil and season with salt and pepper.
- ☐ Place on a parchment-lined baking sheet and bake until vegetables are golden, about 25 to 30 minutes, stirring every 10 minutes.
- ☐ Meanwhile, in a medium skillet over medium-low heat, add the bacon and render the fat until the bacon is crispy.
- ☐ Add the onions and season with salt, and continue to cook until the onions start to caramelize and turn golden, about 10 minutes.
- ☐ Add the roasted sweet potatoes and beets to the pan and stir to combine cooking another 5 minutes. Taste and adjust the seasoning, if necessary and serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:11.74, Inflammation Score:-10, Nutrition Score:12.193478288858%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 163.21kcal (8.16%), Fat: 5.86g (9.01%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 20.56g (7.47%), Sugar: 8.89g (9.88%), Cholesterol: 3.63mg (1.21%), Sodium: 330.76mg (14.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.63%), Vitamin A: 12083.78IU (241.68%), Manganese: 0.47mg (23.34%), Folate: 86.79µg (21.7%), Fiber: 4.75g (19.01%), Potassium: 543.97mg (15.54%), Vitamin B6: 0.26mg (12.94%), Magnesium: 39.31mg (9.83%), Copper: 0.19mg (9.43%), Vitamin B5: 0.84mg (8.37%), Vitamin C: 6.67mg (8.08%), Phosphorus: 80.14mg (8.01%), Vitamin B1: 0.11mg (7.37%), Iron: 1.14mg (6.35%), Vitamin E: 0.78mg

(5.2%), Vitamin B2: 0.09mg (5.19%), Vitamin B3: 0.94mg (4.71%), Calcium: 40.83mg (4.08%), Zinc: 0.59mg (3.92%),
Vitamin K: 3.84µg (3.66%), Selenium: 2.18µg (3.11%)