

## Sweet Potato Hash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

### Ingredients

- 2 tablespoons parsley fresh chopped
- 2 cloves garlic chopped
- 0.3 cup green onions
- 6 servings kosher salt and pepper black freshly ground
- 6 tablespoons olive oil divided
- 1 bell pepper red chopped
- 0.5 onion red chopped
- 2 teaspoons paprika smoked

- 2 large sweet potatoes cubed peeled

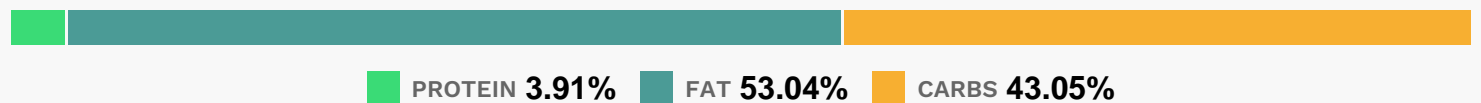
## Equipment

- bowl
- frying pan
- paper towels
- sauce pan

## Directions

- Add the potatoes to a large saucepan of salted boiling water and simmer until tender.
- Drain and dry completely with paper towels.
- Meanwhile, heat 2 tablespoons oil in a large skillet over medium-high heat.
- Add the red onions, bell peppers, green onions, and garlic, and saute until tender and lightly golden, 5 to 6 minutes. Season with salt and pepper and remove to a bowl.
- Add the remaining 4 tablespoons oil to the skillet, and then add the drained and dried sweet potatoes. Cook in a single layer, stirring occasionally, on medium heat until they are tender, about 6 minutes. Increase the heat to high and cook, without stirring, until the potatoes are golden and crisp, about 2 more minutes.
- Sprinkle with the smoked paprika and gently stir in the onion mixture and parsley.

## Nutrition Facts



## Properties

Glycemic Index:43, Glycemic Load:11.89, Inflammation Score:-10, Nutrition Score:14.829565416212%

## Flavonoids

Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

## Nutrients (% of daily need)

Calories: 235.48kcal (11.77%), Fat: 14.24g (21.9%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 21.6g (7.85%), Sugar: 6.15g (6.83%), Cholesterol: 0mg (0%), Sodium: 65.83mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin A: 17182.62IU (343.65%), Vitamin K: 42.68µg (40.65%), Vitamin C: 31.66mg (38.38%), Vitamin E: 2.85mg (19.03%), Manganese: 0.38mg (18.77%), Fiber: 4.4g (17.61%), Vitamin B6: 0.34mg (16.81%), Potassium: 476.73mg (13.62%), Vitamin B5: 1.01mg (10.13%), Copper: 0.19mg (9.63%), Magnesium: 34.74mg (8.68%), Vitamin B1: 0.11mg (7.4%), Folate: 28.4µg (7.1%), Phosphorus: 67.18mg (6.72%), Iron: 1.19mg (6.59%), Vitamin B2: 0.1mg (6.03%), Vitamin B3: 0.95mg (4.75%), Calcium: 46.26mg (4.63%), Zinc: 0.48mg (3.18%), Selenium: 0.96µg (1.37%)