



## Sweet Potato Hash

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



271 kcal

SIDE DISH

### Ingredients

- 3 strips bacon chopped
- 2 cloves garlic thinly sliced
- 0.5 teaspoon ground cumin
- 3 tablespoons olive oil
- 1 tablespoon jalapeño peppers chopped
- 0.5 cup onion red chopped
- 4 servings salt and pepper black freshly ground
- 2 medium sweet potatoes diced peeled

# Equipment

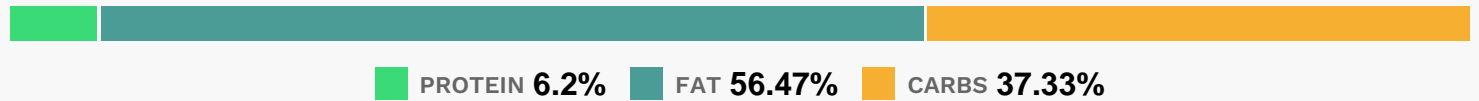
frying pan

# Directions

In a 13-inch saute pan over medium-high heat, add the bacon and olive oil. When the oil heats and the bacon begins to sizzle, add the sweet potatoes and spread out as much as possible to allow the potatoes to rest in the pan in 1 layer. Leave the potatoes to cook until a quick toss reveals browning on the side in contact with the pan, about 5 minutes. Continue to toss and let stand until most sides of the potatoes are golden and the bacon bits are crisp, 3 to 5 minutes longer. Then add the onions, garlic, jalapenos, cumin and season with a nice pinch of salt and a grind or 2 of pepper. Cook the same way, allowing everything to sit in the heat of the pan for a minute or

Taste and re-season if necessary.

# Nutrition Facts



# Properties

Glycemic Index:38, Glycemic Load:11.79, Inflammation Score:-10, Nutrition Score:12.048695722352%

# Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

# Nutrients (% of daily need)

Calories: 270.9kcal (13.55%), Fat: 17.22g (26.49%), Saturated Fat: 3.68g (23%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 21.73g (7.9%), Sugar: 5.65g (6.27%), Cholesterol: 10.89mg (3.63%), Sodium: 214.86mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin A: 16084.17IU (321.68%), Manganese: 0.37mg (18.41%), Vitamin B6: 0.33mg (16.44%), Fiber: 3.88g (15.51%), Potassium: 459.42mg (13.13%), Vitamin E: 1.91mg (12.72%), Vitamin B5: 1.04mg (10.41%), Vitamin B1: 0.15mg (9.91%), Copper: 0.2mg (9.85%), Phosphorus: 86.82mg (8.68%), Vitamin K: 8.96µg (8.53%), Magnesium: 34.07mg (8.52%), Vitamin B3: 1.35mg (6.75%), Selenium: 4.34µg (6.19%), Iron: 1.11mg (6.14%), Vitamin C: 4.93mg (5.97%), Vitamin B2: 0.09mg (5.37%), Calcium: 45.49mg

(4.55%), Folate: 16.67 $\mu$ g (4.17%), Zinc: 0.61mg (4.05%), Vitamin B12: 0.08 $\mu$ g (1.38%)