



Sweet Potato Hash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

Ingredients

- 4 servings salt and ground pepper black
- 1 tablespoon olive oil
- 0.5 teaspoon paprika
- 1 tablespoon red wine vinegar
- 2 sweet potatoes diced peeled
- 0.5 cup onion diced yellow

Equipment

- frying pan

microwave

Directions

Watch how to make this recipe.

Place potatoes in a shallow (microwave-safe) dish and add about 1/4-inch of water. Cover and microwave on HIGH for 3 to 4 minutes, until just soft.

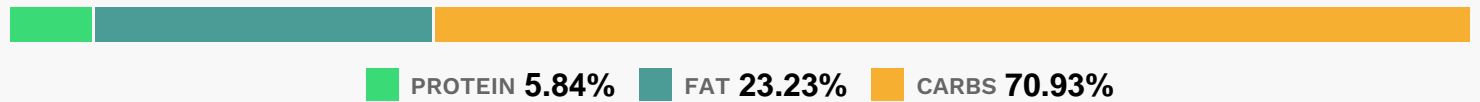
Drain and set aside.

Heat oil in a large skillet over medium heat.

Add onion and saute 3 minutes, until soft.

Add sweet potatoes, vinegar and paprika and cook 3 to 5 minutes, until potatoes are golden. Season, to taste, with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:11.65, Inflammation Score:-10, Nutrition Score:10.25434788932%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 137.79kcal (6.89%), Fat: 3.61g (5.56%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 24.81g (8.27%), Net Carbohydrates: 20.97g (7.63%), Sugar: 5.6g (6.22%), Cholesterol: 0mg (0%), Sodium: 63.51mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin A: 16155.39IU (323.11%), Manganese: 0.34mg (16.79%), Fiber: 3.84g (15.37%), Vitamin B6: 0.27mg (13.29%), Potassium: 418.54mg (11.96%), Vitamin B5: 0.94mg (9.36%), Copper: 0.18mg (9.1%), Magnesium: 31.02mg (7.75%), Vitamin B1: 0.1mg (6.55%), Phosphorus: 60.15mg (6.02%), Vitamin E: 0.88mg (5.84%), Vitamin C: 4.21mg (5.11%), Iron: 0.83mg (4.61%), Vitamin B2: 0.08mg (4.56%), Vitamin K: 4.59µg (4.37%), Folate: 16.37µg (4.09%), Calcium: 39.78mg (3.98%), Vitamin B3: 0.68mg (3.39%), Zinc: 0.39mg (2.57%), Selenium: 0.8µg (1.14%)