

Sweet Potato Hash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1.5 tablespoons maple syrup
- ☐ 1.5 teaspoons olive oil
- ☐ 1.3 cups onion chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 1.5 pounds sweet potatoes diced peeled
- ☐ 2 ounce turkey breakfast sausage

- ☐ 0.3 cup water
- ☐ 1 tablespoon water

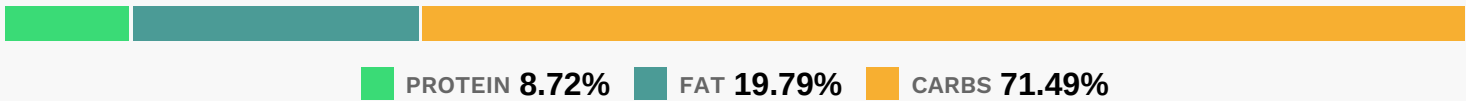
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place sweet potatoes and 1/3 cup water in a large microwave–safe bowl. Cover with plastic wrap and microwave at HIGH 15 minutes or until potatoes are tender. Carefully uncover; drain and keep warm.
- ☐ Heat oil in a large nonstick skillet over medium–high heat.
- ☐ Remove casings from sausage.
- ☐ Add onion to pan; saut 6 minutes or until tender.
- ☐ Add sausage and 1/4 teaspoon salt; cook 4 minutes or until sausage is done, stirring to crumble. Stir in sweet potatoes, 1/2 teaspoon salt, syrup, 1 tablespoon water, pepper, and nutmeg. Cook until liquid is absorbed and sweet potatoes begin to brown (about 5 minutes).

Nutrition Facts



Properties

Glycemic Index:62.88, Glycemic Load:19.79, Inflammation Score:-10, Nutrition Score:14.907391273457%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

Nutrients (% of daily need)

Calories: 243.53kcal (12.18%), Fat: 5.42g (8.34%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 44.06g (14.69%), Net Carbohydrates: 38.06g (13.84%), Sugar: 13.74g (15.27%), Cholesterol: 10.21mg (3.4%), Sodium: 623.65mg (27.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Vitamin A: 24144.06IU (482.88%), Manganese: 0.7mg (34.77%), Fiber: 6g (23.99%), Vitamin B6: 0.46mg (22.97%), Potassium: 700.24mg (20.01%), Vitamin B5: 1.52mg (15.19%), Copper: 0.29mg (14.6%), Vitamin B2: 0.23mg (13.53%), Vitamin B1: 0.2mg (13.33%), Magnesium: 51.66mg (12.91%), Phosphorus: 113.91mg (11.39%), Vitamin C: 7.88mg (9.56%), Vitamin B3: 1.68mg (8.4%), Iron: 1.33mg (7.41%), Calcium: 73.64mg (7.36%), Folate: 28.42µg (7.11%), Zinc: 0.96mg (6.41%), Vitamin E: 0.7mg (4.64%), Vitamin K: 4.43µg (4.22%), Vitamin B12: 0.12µg (2.01%), Selenium: 1.28µg (1.83%), Vitamin D: 0.18µg (1.23%)