



Sweet Potato Hash Browns



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 medium baking potatoes shredded peeled
- ☐ 1 tablespoon brown sugar
- ☐ 2 teaspoons butter
- ☐ 4 bacon crumbled cooked
- ☐ 1 medium onion diced
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

- ☐ 1 medium size sweet potatoes and into shredded peeled
- ☐ 3 tablespoons vegetable oil divided

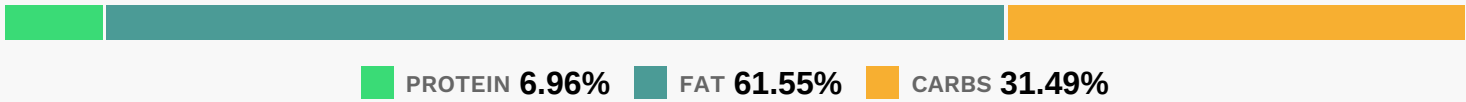
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Melt butter and 1 tablespoon oil in a nonstick skillet over medium heat.
- ☐ Add onion; saute 15 minutes or until golden.
- ☐ Add brown sugar, and cook 5 minutes, stirring often.
- ☐ Combine onion mixture, potatoes, salt, and pepper.
- ☐ Heat 1 tablespoon vegetable oil in a nonstick skillet over medium-high heat. Drop potato mixture into 3 1/2-inch rounds; cook, in batches, 5 minutes on each side or until golden, adding remaining oil as necessary. Press down with a spatula to flatten; top with bacon and pecans.
- ☐ Cheesy Sweet Potato Hash Browns: Omit onion, brown sugar, bacon, and pecans. Top hash browns evenly with 4 ounces thinly sliced Jarlsberg or Monterey Jack cheese during the last 5 minutes.
- ☐ Rosemary-Garlic Hash Browns: Omit onion, brown sugar, bacon, and pecans.
- ☐ Add 1 tablespoon chopped fresh rosemary and 1 teaspoon chopped fresh garlic to potato mixture. Cook as directed.

Nutrition Facts



Properties

Glycemic Index:26.47, Glycemic Load:6.92, Inflammation Score:-10, Nutrition Score:9.0265217287385%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg

Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg
Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate:
0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg
Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin:
0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol:
0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg
Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 176.71kcal (8.84%), Fat: 12.47g (19.18%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 14.36g (4.79%), Net
Carbohydrates: 12.24g (4.45%), Sugar: 3.66g (4.06%), Cholesterol: 3.96mg (1.32%), Sodium: 387.54mg (16.85%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin A: 4059.06IU (81.18%), Manganese:
0.46mg (22.88%), Vitamin K: 10.86µg (10.35%), Vitamin B6: 0.2mg (10.21%), Fiber: 2.11g (8.45%), Copper: 0.16mg
(8.2%), Potassium: 278.44mg (7.96%), Vitamin B1: 0.12mg (7.85%), Phosphorus: 66.84mg (6.68%), Magnesium:
24.44mg (6.11%), Vitamin B3: 0.95mg (4.76%), Vitamin E: 0.65mg (4.32%), Vitamin B5: 0.43mg (4.31%), Zinc:
0.62mg (4.13%), Vitamin C: 3.29mg (3.99%), Selenium: 2.66µg (3.79%), Iron: 0.67mg (3.7%), Vitamin B2: 0.05mg
(2.86%), Folate: 10.99µg (2.75%), Calcium: 22.66mg (2.27%)