



Sweet Potato-Pork Belly Hash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1050 kcal

SIDE DISH

Ingredients

- ☐ 4 garlic clove smashed
- ☐ 4 servings pepper freshly ground
- ☐ 3 cups chicken stock see
- ☐ 2 teaspoons maple syrup pure
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 4 poached eggs
- ☐ 1 pound pork belly fresh
- ☐ 2 tablespoons red wine vinegar

- ☐ 2 pounds cubes red-skinned sweet potato peeled cut into 3/4" cubes
- ☐ 3 large shallots chopped
- ☐ 1 large sprig thyme leaves

Equipment

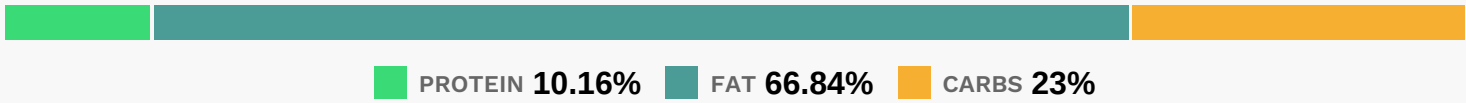
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon
- ☐ pie form

Directions

- ☐ Preheat oven to 275°F. Season pork bellygenerously with salt and pepper.
- ☐ Place ina large ovenproof saucepan.
- ☐ Add thymeand garlic.
- ☐ Pour stock over. Bring to a simmerover low heat, cover tightly, and braise inoven until tender, about 3 hours. Uncover; letcool.
- ☐ Transfer pork belly to a 9" glass piedish.
- ☐ Place another 9" glass pie dish on topof pork belly. Weight with a 15-ounce cannedgood. Chill overnight.
- ☐ Remove skin from pork belly.
- ☐ Cut meatinto 1/2" cubes.
- ☐ Heat 1 tablespoon oil in a largecast-iron skillet over medium-high heat.
- ☐ Addpork and sauté until browned on all sides,about 4 minutes. Using a slotted spoon,transfer pork to a medium bowl. Seasonpotatoes with salt and pepper.
- ☐ Add to sameskillet; sauté until golden brown, about 10minutes. Using slotted spoon, transfer tobowl with pork.
- ☐ Add 2 tablespoons oil and shallotsto skillet; sauté over medium heat untilgolden brown, 3-4 minutes. Returnpotatoes and pork with any accumulated juices to pan.

- ☐
- Drizzle vinegar and syrup over;stir to coat. Cook, stirring occasionally, untilheated through, about 2 minutes.
- ☐
- Serve withpoached eggs if desired.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:35.816521644592%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1049.99kcal (52.5%), Fat: 77.89g (119.83%), Saturated Fat: 25.59g (159.93%), Carbohydrates: 60.33g (20.11%), Net Carbohydrates: 52.12g (18.95%), Sugar: 21.33g (23.7%), Cholesterol: 272.05mg (90.68%), Sodium: 527.76mg (22.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.63g (53.26%), Vitamin A: 43884.88IU (877.7%), Manganese: 1.35mg (67.69%), Vitamin C: 48.03mg (58.21%), Vitamin B3: 11.58mg (57.92%), Vitamin B6: 1.08mg (54.05%), Vitamin B2: 0.91mg (53.78%), Vitamin B1: 0.79mg (52.7%), Potassium: 1633.48mg (46.67%), Selenium: 29.44µg (42.06%), Phosphorus: 408.9mg (40.89%), Fiber: 8.21g (32.83%), Vitamin B5: 3.13mg (31.33%), Copper: 0.59mg (29.31%), Vitamin E: 4.15mg (27.66%), Vitamin B12: 1.31µg (21.79%), Magnesium: 85.26mg (21.32%), Iron: 3.83mg (21.3%), Zinc: 2.92mg (19.48%), Calcium: 143.45mg (14.34%), Folate: 47.84µg (11.96%), Vitamin K: 12.41µg (11.82%), Vitamin D: 1µg (6.67%)