

Turkey Hash

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



436 kcal

SIDE DISH

Ingredients

- 4 large eggs
- 1 medium onion finely chopped
- 2 pasilla peppers green italian finely chopped (frying peppers)
- 1 cup turkey dark shredded cooked (preferably meat)
- 7 tablespoons butter unsalted divided
- 1.5 pounds yukon gold potatoes

Equipment

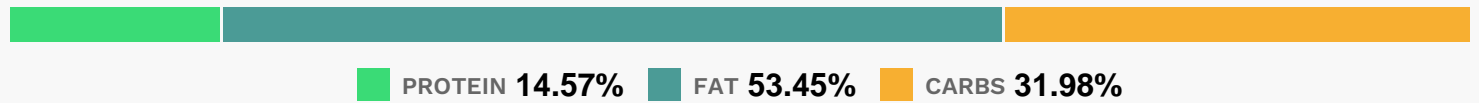
- frying pan

box grater

Directions

- Generously cover potatoes with cold water, then simmer, partially covered, until just tender, 20 to 25 minutes.
- Drain. Cool slightly, then peel and coarsely grate with a box grater.
- While potatoes cool, melt 6 tablespoons butter in a 12-inch nonstick skillet over medium-high heat and cook onion and peppers, stirring occasionally, until golden brown, 8 to 10 minutes.
- Add potatoes, turkey, 3/4 teaspoon salt, and 1/2 teaspoon pepper and cook, turning occasionally, until browned in spots, 15 to 20 minutes.
- Transfer hash to plates.
- Fry eggs in remaining Tbsp butter in skillet over medium heat.
- Serve on top of hash.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:22.5, Inflammation Score:-8, Nutrition Score:21.109565216562%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 436.08kcal (21.8%), Fat: 26.31g (40.48%), Saturated Fat: 14.6g (91.27%), Carbohydrates: 35.42g (11.81%), Net Carbohydrates: 30.2g (10.98%), Sugar: 4.14g (4.59%), Cholesterol: 256.57mg (85.52%), Sodium: 114.62mg (4.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.14g (32.27%), Vitamin C: 83.38mg (101.07%), Vitamin B6: 0.9mg (45.13%), Selenium: 21.54µg (30.77%), Potassium: 990.93mg (28.31%), Phosphorus: 267.19mg (26.72%), Vitamin A: 1120.27IU (22.41%), Vitamin B2: 0.36mg (21.25%), Fiber: 5.22g (20.88%), Vitamin B3: 4.05mg (20.27%), Manganese: 0.39mg (19.31%), Folate: 64.36µg (16.09%), Vitamin B5: 1.59mg (15.91%), Magnesium: 60.52mg (15.13%), Iron: 2.68mg (14.89%), Copper: 0.29mg (14.64%), Vitamin B1: 0.22mg (14.39%), Vitamin B12: 0.79µg (13.16%), Zinc: 1.73mg (11.51%), Vitamin D: 1.44µg (9.61%), Vitamin K: 9.61µg (9.15%), Vitamin E: 1.36mg (9.06%), Calcium: 69.3mg

(6.93%)