



Turkey Hashed Browns

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons flat-leaf parsley fresh minced
- ☐ 2 teaspoons kosher salt
- ☐ 1.5 pounds potatoes diced boiling peeled
- ☐ 2 tablespoons scallions white green minced
- ☐ 0.5 pound turkey cooked cut in 1-inch cubes
- ☐ 5 tablespoons butter unsalted
- ☐ 1.5 cups onions yellow chopped (2 onions)

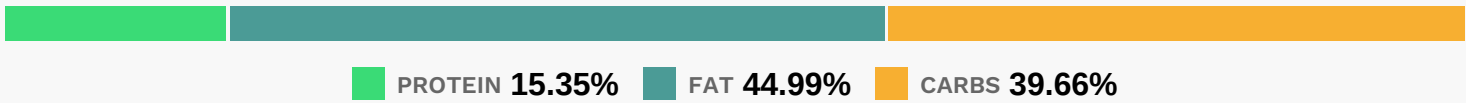
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt the butter in a large (10 to 12-inch) saute pan.
- ☐ Add the potatoes, onions, salt, and pepper and cook over medium-low heat for 15 to 20 minutes, turning occasionally with a flat spatula, until the potatoes are evenly browned and cooked through. (Allow the potatoes to cook for 5 minutes before turning.)
- ☐ Add the cooked turkey and heat for 1 to 2 minutes. Turn off the heat and add the parsley and scallions.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:10.20043474695%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 218.83kcal (10.94%), Fat: 11.2g (17.23%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 19.43g (7.07%), Sugar: 3.24g (3.6%), Cholesterol: 44.41mg (14.8%), Sodium: 829.65mg (36.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin K: 30.82µg (29.35%), Vitamin B6: 0.41mg (20.26%), Potassium: 654.77mg (18.71%), Vitamin C: 14.86mg (18.01%), Vitamin B3: 3.43mg (17.17%), Phosphorus: 134.73mg (13.47%), Manganese: 0.26mg (13.25%), Fiber: 2.79g (11.15%), Copper: 0.2mg (9.94%), Selenium: 6.63µg (9.47%), Magnesium: 37.55mg (9.39%), Vitamin A: 449.4IU (8.99%), Vitamin B1: 0.13mg (8.42%), Folate: 33.6µg

(8.4%), Iron: 1.3mg (7.2%), Zinc: 0.96mg (6.39%), Vitamin B5: 0.61mg (6.08%), Vitamin B2: 0.1mg (6.06%), Vitamin B12: 0.35µg (5.79%), Calcium: 31.53mg (3.15%), Vitamin E: 0.34mg (2.26%), Vitamin D: 0.26µg (1.7%)