



Turkey Re-Hash



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces diestel breakfast sausage
- ☐ 1 Dash cayenne pepper
- ☐ 1.5 cups black beans cooked
- ☐ 0.5 jalapeño minced
- ☐ 0.5 onion chopped
- ☐ 1.5 cups bliss potatoes red cubed cooked
- ☐ 0.5 cup pasilla peppers red chopped
- ☐ 4 servings salt and pepper to taste

- ☐ 2 cups good eats" corn bread pudding cubed
- ☐ 1 cups turkey cubed cooked

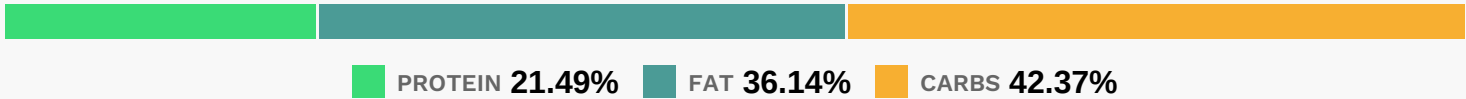
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Add the sausage to a heavy skillet over medium high heat and cook until the sausage begins to render some of its fat, about 2 to 3 minutes.
- ☐ Add the onions, jalapeno and peppers to the sausage and cook until soft and translucent.
- ☐ Add the potatoes to the skillet and increase the heat to high. Cook until the potatoes have browned lightly.
- ☐ Add the black beans, pudding, and turkey and stir occasionally. Cook until the hash is thoroughly heated. Season with cayenne, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:80.06, Glycemic Load:21.46, Inflammation Score:-8, Nutrition Score:21.621304439462%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 438.03kcal (21.9%), Fat: 18.1g (27.84%), Saturated Fat: 5.63g (35.2%), Carbohydrates: 47.74g (15.91%), Net Carbohydrates: 37.87g (13.77%), Sugar: 5.56g (6.18%), Cholesterol: 58.72mg (19.57%), Sodium: 589.72mg (25.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Vitamin C: 47.1mg (57.09%), Fiber: 9.87g (39.49%), Vitamin B6: 0.78mg (39.24%), Vitamin B3: 7.24mg (36.19%), Folate: 140.4µg (35.1%), Phosphorus: 325.85mg (32.59%), Vitamin B1: 0.48mg (31.8%), Manganese: 0.58mg (29.13%), Potassium: 988.91mg (28.25%), Magnesium: 101.35mg (25.34%), Zinc: 3.17mg (21.16%), Iron: 3.28mg (18.2%), Vitamin A: 877.09IU (17.54%), Vitamin

B5: 1.66mg (16.62%), Copper: 0.32mg (16.19%), Vitamin B2: 0.24mg (14.31%), Vitamin B12: 0.79µg (13.09%),
Selenium: 6.55µg (9.36%), Vitamin D: 0.81µg (5.41%), Calcium: 41.84mg (4.18%), Vitamin E: 0.57mg (3.83%), Vitamin
K: 3.34µg (3.18%)