



Turkey Sweet Potato Hash - Slimmed

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 1 teaspoon chipotle chiles in adobo canned minced
- 0.3 cup chicken broth low-sodium homemade canned
- 0.5 teaspoon chipotle chiles en adobo canned minced
- 1 large egg white
- 3 tablespoons coriander fresh chopped for garnish (cilantro)
- 2 cloves garlic minced
- 2 teaspoons kosher salt

- 0.5 teaspoon juice of lime freshly squeezed
- 0.3 teaspoon lime zest freshly grated
- 1 tablespoon oil such as soy, peanut, vegetable or corn
- 1.5 ounces queso fresco crumbled (Mexican farmer's cheese)
- 2 scallions white green thinly sliced (and)
- 1.5 cups baked sweet potatoes roughly chopped ()
- 2.5 cups turkey shredded cooked
- 2 tablespoons butter unsalted
- 0.7 cup berry cranberry sauce whole canned
- 0.5 medium onion yellow grated

Equipment

- bowl
- frying pan
- oven
- spatula

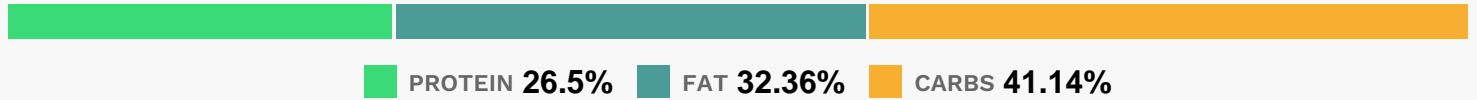
Directions

- Special equipment: 10-inch non-stick skillet with oven-proof handle
- Preheat the oven to 400 degrees F.
- Mash 1 cup of the sweet potatoes in a large bowl with a fork.
- Add the remaining 1/2 cup of sweet potatoes, the turkey, broth, onion, garlic, chipotles, coriander, 1/4 cup of the cheese, and the egg white. Season with the salt and pepper. Stir briskly to combine.
- Heat the oil and 1 tablespoon butter in the skillet over medium heat.
- Add the hash and form it into a round cake the size of the pan with a spatula. Cook, shaking the skillet occasionally, until the bottom sets, about 3 minutes. To turn the hash, set a plate the size of the skillet on top of the pan. Invert the pan so the hash falls intact onto the plate. Melt the remaining tablespoon butter in the skillet. Slide the hash back into the skillet cooked-side up. If the hash breaks apart, simply re-form the cake with the spatula. Cook,

shaking the skillet occasionally, for 2 minutes.

- Transfer the skillet to the oven and bake the hash until firm, about 10 minutes. Carefully, invert the hash onto a serving plate. Scatter the scallions, coriander, and the remaining cheese on the top.
- Serve hot or warm, with Chipotle Cranberry Sauce, if desired.
- In a small bowl, combine all the ingredients.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:5.64, Inflammation Score:-10, Nutrition Score:15.298695585002%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 310.8kcal (15.54%), Fat: 11.27g (17.34%), Saturated Fat: 5.35g (33.44%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 29.43g (10.7%), Sugar: 17.9g (19.89%), Cholesterol: 69.69mg (23.23%), Sodium: 1384.52mg (60.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.76g (41.52%), Vitamin A: 7596.97IU (151.94%), Vitamin B6: 0.55mg (27.56%), Vitamin B3: 5.49mg (27.47%), Selenium: 18.14µg (25.91%), Phosphorus: 172.61mg (17.26%), Vitamin K: 15.93µg (15.18%), Vitamin B12: 0.91µg (15.09%), Vitamin B2: 0.22mg (12.98%), Manganese: 0.24mg (12.2%), Potassium: 409.51mg (11.7%), Zinc: 1.69mg (11.24%), Fiber: 2.81g (11.22%), Vitamin B5: 0.97mg (9.67%), Magnesium: 36.59mg (9.15%), Copper: 0.17mg (8.31%), Iron: 1.45mg (8.08%), Vitamin B1: 0.09mg (6.27%), Vitamin C: 4.97mg (6.02%), Vitamin E: 0.87mg (5.8%), Folate: 18.94µg (4.74%), Calcium: 39.86mg (3.99%), Vitamin D: 0.3µg (2.03%)