



(Web Exclusive) Round 2 : Farmhouse Hash Taquitos

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 1 carrots diced
- 2 stalks celery diced
- 1 teaspoon chili seasoning
- 8 corn tortillas
- 4 eggs
- 1 tablespoon cilantro leaves fresh chopped

- 1 teaspoon garlic chopped
- 0.5 pound sausage sweet italian
- 1 teaspoon paprika
- 0.5 teaspoon pepper flakes red
- 2 large potatoes diced red
- 4 servings salt and pepper
- 0.8 cup cheddar cheese shredded
- 1 teaspoon vinegar white
- 0.5 medium onion diced yellow

Equipment

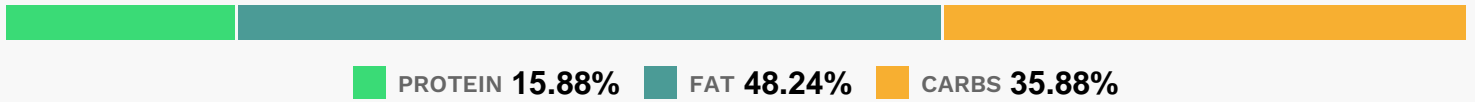
- bowl
- frying pan
- baking sheet
- oven
- pot
- microwave
- slotted spoon

Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F. Spray a baking sheet with nonstick cooking spray and set aside.
- In a medium bowl combined leftover hash, chili seasoning and 1/2 cup of cheese, mix until well blended. Wrap tortillas in a damp towel and heat in the microwave on high for 30 seconds.
- Place 2 tablespoon of the hash and cheese mixture on the lower third of a corn tortilla.
- Roll the tortilla and place seam side down onto the prepared baking sheet. Top with remaining cheese and bake in oven for 15 to 20 minutes until crispy.
- Heat the oil in a large skillet over medium heat.

- Add onions, carrots, celery, potatoes, sausage, paprika, garlic, red pepper flakes, and salt and pepper, to taste.
- Saute stirring frequently, until the potatoes and carrots are tender, and the sausage is cooked through, about 12 minutes.
- Bring a medium pot of water to a simmer over low heat and add the vinegar. Crack an egg into a small bowl and carefully slide it into the simmering water. Quickly repeat with remaining eggs. Using a slotted spoon, carefully corral the white of each egg around its yolk. Poach the eggs until the whites are firm, or to the desired degree of doneness, about 3 to 5 minutes.
- Divide the hash among 4 serving plates and top the hash with a poached egg. Season with salt and pepper, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:88.33, Glycemic Load:11.25, Inflammation Score:-10, Nutrition Score:28.383478164673%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 638.44kcal (31.92%), Fat: 34.65g (53.3%), Saturated Fat: 12.44g (77.75%), Carbohydrates: 57.99g (19.33%), Net Carbohydrates: 50.14g (18.23%), Sugar: 4.77g (5.3%), Cholesterol: 227.96mg (75.99%), Sodium: 897.97mg (39.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.67g (51.33%), Vitamin A: 3675.07IU (73.5%), Phosphorus: 559.76mg (55.98%), Selenium: 38.05µg (54.36%), Vitamin B6: 0.78mg (38.77%), Vitamin B1: 0.57mg (38.01%), Potassium: 1308.82mg (37.39%), Fiber: 7.85g (31.39%), Vitamin B2: 0.52mg (30.61%), Manganese: 0.57mg (28.57%), Calcium: 266.14mg (26.61%), Magnesium: 104.76mg (26.19%), Vitamin B3: 5.15mg (25.76%), Zinc: 3.8mg (25.33%), Vitamin C: 19.81mg (24.01%), Copper: 0.44mg (22.14%), Iron: 3.85mg (21.36%), Folate: 78.83µg (19.71%), Vitamin B12: 1.13µg (18.87%), Vitamin B5: 1.76mg (17.63%), Vitamin K: 17.8µg (16.96%), Vitamin E: 1.94mg (12.96%), Vitamin D: 1.01µg (6.71%)