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Easy Sweet Potato Hash ••

A delicious and easy-to-make sweet potato hash recipe. It is a versatile dish that can be enjoyed for breakfast, brunch, or as a side dish for lunch or dinner. The sweet potatoes are cooked until tender and then sautéed with onions, bell peppers, and spices for a flavorful and comforting dish.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Sweet Potatoes
100 g	onion
100 g	Bell peppers
2 tbsp	olive oil
1 tsp	Salt

1 tsp	Black pepper
1 tsp	Paprika

Directions

Step 1

Cut

Peel and dice the sweet potatoes, onion, and bell peppers.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a large skillet over medium heat. Add the diced sweet potatoes and cook for 10 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Sautéing

Add the diced onion and bell peppers to the skillet. Season with salt, black pepper, and paprika. Cook for another 10 minutes, or until the sweet potatoes are tender and lightly

browned.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 2 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	400 iu	44.44%	57.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	240 mg	10.43%	10.43%
Calcium	4 mg	0.4%	0.4%
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Picnic

Course

Salads

Soups

Snacks

Cultural

Chinese New Year

Ramadan

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Weight Watchers (WW) Diet

Atkins Diet

Vegetarian Diet

Raw Food Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

The F-Plan Diet

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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