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Sweet Potato Hash ♦

Sweet Potato Hash is a delicious and hearty breakfast dish made with sweet potatoes, onions, bell peppers, and spices. It is a popular breakfast option and can be enjoyed by both vegetarians and vegans. The sweet potatoes are diced and sautéed until crispy and golden brown, creating a flavorful and satisfying dish. Sweet Potato Hash is a great way to start your day and can be served with eggs, avocado, or salsa for added flavor.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Sweet Potatoes
100 g	onion
100 g	bell pepper
15 g	olive oil

5 g	salt
2 g	black pepper
2 g	paprika
2 g	garlic powder

Directions

Step 1

Cut

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

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, onion, and bell pepper. Season with salt, black pepper, paprika, and garlic powder.

Prep Time: 5 mins

Cook Time: 15 mins

Step 3

Cooking

Cook the sweet potato hash for 15 minutes, stirring occasionally, until the sweet potatoes are tender and golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Serving

Serve the sweet potato hash hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 3 g

Protein: 3 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
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	30 mg	33.33%	40%
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	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	600 mg	17.65%	23.08%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Winter

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Meal Type

Breakfast

Lunch

Snack

Difficulty Level

Medium

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