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Chicken and Potato Hash ·♦

Chicken and Potato Hash is a delicious and hearty dish that combines tender chicken and crispy potatoes. It is a popular comfort food enjoyed by many. The dish is typically consumed as a main course and can be served for breakfast, brunch, lunch, or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
500 g	potatoes
100 g	onion
2 cloves	garlic
2 tbsp	olive oil

1 tsp	Salt
0.5 tsp	Black pepper
1 tsp	Paprika

Directions

Step 1

Stove

Heat olive oil in a large skillet over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add diced chicken breast to the skillet and cook until browned and cooked through, about 8 minutes.

Prep Time: 0 mins

Cook Time: 8 mins

Step 3

Remove the cooked chicken from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stove

In the same skillet, add diced potatoes, diced onion, and minced garlic. Season with salt, black pepper, and paprika.

Prep Time: 5 mins

Cook Time: 12 mins

Step 5

Stove

Cook the potato mixture until the potatoes are golden and crispy, stirring occasionally, about 12 minutes.

Prep Time: 0 mins

Cook Time: 12 mins

Step 6

Stove

Add the cooked chicken back to the skillet and stir to combine.

Prep Time: 0 mins

Cook Time: 1 mins

Step 7

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Difficulty Level

Medium

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