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Potato Hash with Spinach ♦

Potato Hash with Spinach is a delicious vegetarian dish that combines crispy potatoes with nutritious spinach. It can be enjoyed for breakfast, brunch, or as a side dish for lunch or dinner. The potatoes are cooked until golden and crispy, while the spinach adds a fresh and vibrant flavor to the dish.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	potatoes
200 g	spinach
2 tbsp	olive oil
1 medium	onion

2 cloves garlic

1
teaspoon salt

0.5
teaspoon black pepper

Directions

Step 1

Cut

Peel and dice the potatoes into small cubes.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Cut

Chop the onion and mince the garlic cloves.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Frying

Heat olive oil in a large skillet over medium heat. Add the diced potatoes and cook until golden and crispy, stirring occasionally, for about 15 minutes.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Frying

Add the chopped onion and minced garlic to the skillet. Cook for another 5 minutes until the onion is translucent.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Frying

Add the spinach to the skillet and cook for 2-3 minutes until wilted. Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 3 mins

Step 6

Serve the Potato Hash with Spinach hot as a side dish or as a main course.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 3 g

Carbohydrates: 16 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	16 g	29.09%	32%
Fibers	4 g	10.53%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	80 iu	8.89%	11.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

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 Picnic

Meal Type

Brunch Lunch Dinner Snack Supper

Difficulty Level

Medium

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