

# Kale and Potato Hash With Fried Egg

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-recipe-for-acid-reflux>

## Ingredients:

- 2 cloves chopped garlic optional
- spices optional
- 1/2 teaspoon kosher salt optional
- seasoning optional
- 5 min optional
- 1/2 teaspoon ground black pepper optional
- 4 tablespoons olive oil optional
- 4 eggs optional
- potatoes optional
- greens optional
- 1 piece crusty bread optional
- 2013 chard optional
- 2 kale optional
- seasoning optional
- 4 eggs optional
- spices optional
- 1/2 teaspoon ground black pepper optional
- 1/2 teaspoon cumin powder optional
- 2 cloves chopped garlic optional
- 1/2 teaspoon kosher salt optional
- 4 tablespoons olive oil optional
- 4 idaho potatoes optional

## Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 425 milligrams

4. Fat: 38 grams
  5. Fiber: 10 grams
  6. Protein: 22 grams
  7. SaturatedFat: 7 grams
  8. Sodium: 790 milligrams
  9. Sugar: 5 grams
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