

# Sweet Potato and Sausage Hash

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-with-sweet-potatoes-hot-italian-sausage>

## Ingredients:

- 2 tablespoons unsalted butter
- 1 onion medium, thinly sliced
- 4 cloves garlic minced
- 1 pound hot Italian sausage or sweet, removed from casing and crumbled
- 4 sweet potatoes large, about 3 pounds
- 2 tablespoons olive oil

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 100 milligrams
4. Fat: 48 grams
5. Fiber: 5 grams
6. Protein: 19 grams
7. SaturatedFat: 17 grams
8. Sodium: 900 milligrams
9. Sugar: 6 grams

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