



Beef-and-Pepper Hash with Eggs

 Gluten Free

READY IN



46 min.

SERVINGS



6

CALORIES



341 kcal

SIDE DISH

Ingredients

- 4 tablespoons butter divided
- 0.5 teaspoon thyme leaves dried
- 6 large eggs
- 8 oz mushrooms fresh sliced
- 2 garlic cloves minced
- 28 oz hash browns frozen with onions and peppers, thawed cubed
- 0.8 pound barbecued brisket without sauce coarsely chopped
- 1 large onion cut into 1-inch pieces

- 1 medium size bell pepper red cut into 1-inch pieces
- 1.5 teaspoons salt
- 6 servings salt and pepper

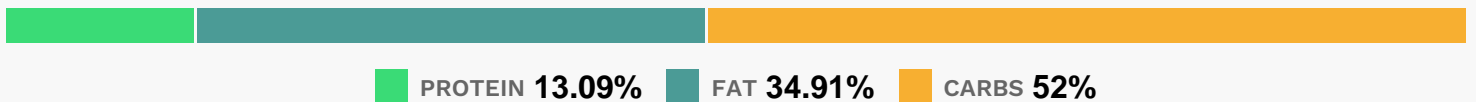
Equipment

- frying pan

Directions

- Melt 3 Tbsp. butter in a heavy 12-inch skillet over medium-high heat.
- Add potatoes, next 3 ingredients, and 3 Tbsp. water. Cook, stirring occasionally, 10 to 12 minutes or until potatoes begin to lightly brown.
- Add mushrooms, thyme, and salt; cook, stirring occasionally, 6 to 8 minutes or until mushrooms are browned and tender.
- Add brisket, and cook, stirring occasionally, 6 to 8 minutes. Keep warm.
- Melt remaining 1 Tbsp. butter in a large nonstick skillet over medium heat. Gently break eggs into hot skillet, and sprinkle with desired amount of salt and pepper. Cook 2 to 3 minutes on each side or to desired degree of doneness.
- Serve over hash.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:7.83, Inflammation Score:-7, Nutrition Score:15.129999896754%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 341.27kcal (17.06%), Fat: 13.43g (20.65%), Saturated Fat: 6.62g (41.39%), Carbohydrates: 45g (15%), Net Carbohydrates: 41.88g (15.23%), Sugar: 15.94g (17.71%), Cholesterol: 206.07mg (68.69%), Sodium: 1619.57mg (70.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.65%), Vitamin C: 39.23mg (47.55%), Selenium: 19.65µg (28.07%), Vitamin B2: 0.43mg (25.13%), Vitamin A: 1127.98IU (22.56%), Phosphorus: 210.03mg (21%), Vitamin B3: 3.84mg (19.21%), Vitamin B5: 1.87mg (18.7%), Potassium: 651.69mg (18.62%), Vitamin B6: 0.34mg (17.01%), Manganese: 0.3mg (15.23%), Copper: 0.3mg (15.23%), Iron: 2.63mg (14.59%), Vitamin B1: 0.2mg (13.6%), Fiber: 3.12g (12.49%), Folate: 49.63µg (12.41%), Zinc: 1.24mg (8.26%), Vitamin B12: 0.48µg (7.93%), Magnesium: 29.47mg (7.37%), Vitamin D: 1.08µg (7.17%), Vitamin E: 1.07mg (7.14%), Calcium: 55.61mg (5.56%), Vitamin K: 3.32µg (3.16%)