



Beef Hash With Indian Griddle Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

Ingredients

- 2 cups beef broth
- 0.3 cup butter
- 0.3 cup flour all-purpose
- 0.5 cup onion chopped
- 1 pinch bell pepper red
- 4 cups pan drippings from roast beef preferably cooked chopped
- 6 servings salt and pepper to taste
- 0.3 teaspoon worcestershire sauce

Equipment

- frying pan
- sauce pan

Directions

- Melt butter in a large, heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add beef broth; cook over medium heat, stirring constantly until thickened and bubbly.
- Add next 5 ingredients, mixing well.
- Serve hot over Indian Griddle Cakes.

Nutrition Facts

PROTEIN 49.96% **FAT 41.87%** **CARBS 8.17%**

Properties

Glycemic Index:22.33, Glycemic Load:3.15, Inflammation Score:-6, Nutrition Score:20.236521775956%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 287.4kcal (14.37%), Fat: 13.38g (20.58%), Saturated Fat: 3.57g (22.34%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 5.5g (2%), Sugar: 0.61g (0.68%), Cholesterol: 89.9mg (29.97%), Sodium: 2958.24mg (128.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.91g (71.82%), Vitamin C: 72.23mg (87.55%), Vitamin B3: 12.67mg (63.36%), Vitamin B12: 2.75µg (45.78%), Calcium: 453.52mg (45.35%), Zinc: 5.75mg (38.36%), Vitamin B6: 0.66mg (32.93%), Phosphorus: 326.67mg (32.67%), Iron: 3.73mg (20.74%), Selenium: 12.96µg (18.52%), Potassium: 516.23mg (14.75%), Vitamin B2: 0.24mg (14.36%), Magnesium: 37.54mg (9.39%), Vitamin B1: 0.12mg (8.05%), Folate: 28.21µg (7.05%), Vitamin A: 344.01IU (6.88%), Copper: 0.12mg (6.19%), Vitamin B5: 0.54mg (5.37%), Manganese: 0.09mg (4.57%), Vitamin E: 0.3mg (2.01%), Fiber: 0.37g (1.48%)