



Cheddar Shortcakes with Corned Beef Hash

READY IN



180 min.

SERVINGS



6

CALORIES



828 kcal

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon pepper black
- ☐ 1 lb corned beef ribs cooked ()
- ☐ 3 cups flour all-purpose
- ☐ 0.5 cup flat-leaf parsley fresh minced
- ☐ 2 onions coarsely chopped
- ☐ 2 bell peppers red coarsely chopped
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sharp cheddar grated

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 6 servings accompaniment:tomatillo salsa
- ☐ 6 tablespoons butter unsalted
- ☐ 0.8 cup water
- ☐ 2 lb yellow-fleshed potatoes such as yukon gold

Equipment

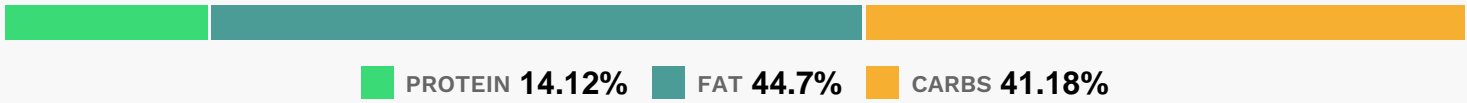
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ colander

Directions

- ☐ Preheat oven to 425°F.
- ☐ Stir together sour cream and water until smooth. Sift together flour, baking powder, baking soda, and salt into a bowl, then blend in butter with your fingertips or a pastry blender until there are no longer any lumps.
- ☐ Add Cheddar and toss, then stir in thinned sour cream with a fork until just combined.
- ☐ Drop dough in 6 evenly spaced mounds on a buttered baking sheet and bake in middle of oven until pale golden and cooked through, 15 to 20 minutes.
- ☐ Transfer biscuits to a rack to cool slightly.
- ☐ Peel potatoes and cut into 1/3-inch dice. Cook in a pot of boiling salted water until just tender, 8 to 10 minutes, then drain in a colander.
- ☐ While potatoes are boiling, cook onions in butter in a deep 12-inch nonstick skillet over moderate heat, stirring occasionally, until softened and beginning to brown, about 5 minutes.
- ☐ Add bell peppers and cook, stirring, until crisp-tender, about 5 minutes.

- ☐ Add corned beef, potatoes, salt, and pepper and cook over high heat, stirring occasionally, until hash is browned and crisp, about 15 minutes. Stir in parsley.
- ☐ Split biscuits and spoon hash and salsa onto bottom halves. Put tops on biscuits.

Nutrition Facts



Properties

Glycemic Index:66.79, Glycemic Load:55.6, Inflammation Score:-10, Nutrition Score:37.898260790369%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

Nutrients (% of daily need)

Calories: 827.92kcal (41.4%), Fat: 41.11g (63.25%), Saturated Fat: 20.25g (126.54%), Carbohydrates: 85.2g (28.4%), Net Carbohydrates: 78.52g (28.55%), Sugar: 8.02g (8.91%), Cholesterol: 121.79mg (40.6%), Sodium: 2041.96mg (88.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.41%), Vitamin C: 111.9mg (135.63%), Vitamin K: 89.66µg (85.39%), Selenium: 45.8µg (65.43%), Vitamin A: 2739.57IU (54.79%), Vitamin B1: 0.7mg (46.89%), Folate: 183.84µg (45.96%), Phosphorus: 450.03mg (45%), Vitamin B6: 0.89mg (44.64%), Vitamin B3: 8.6mg (43.03%), Vitamin B2: 0.72mg (42.26%), Manganese: 0.8mg (40.12%), Calcium: 353.35mg (35.34%), Potassium: 1233.36mg (35.24%), Iron: 6.12mg (33.99%), Zinc: 4.43mg (29.52%), Vitamin B12: 1.75µg (29.16%), Fiber: 6.68g (26.72%), Magnesium: 82.64mg (20.66%), Copper: 0.39mg (19.54%), Vitamin B5: 1.61mg (16.06%), Vitamin E: 1.41mg (9.39%), Vitamin D: 0.38µg (2.53%)