



## Confetti Corned Beef Hash

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 tablespoons butter
- 1.5 cups corned beef ribs lean cooked
- 2 tablespoons parsley fresh chopped
- 1 teaspoon thyme leaves dried fresh chopped
- 2 cups potatoes cooked chopped
- 0.5 cup bell pepper chopped
- 0.3 cup spring onion sliced
- 2 hardboiled eggs chopped

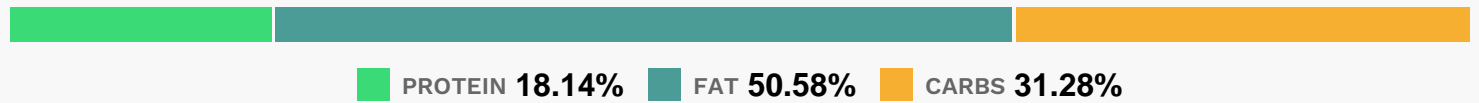
# Equipment

frying pan

# Directions

- In 10-inch nonstick skillet, heat butter over medium heat. Stir in remaining ingredients.
- Cook uncovered 8 to 10 minutes, turning frequently, until hot.

# Nutrition Facts



# Properties

Glycemic Index:56.19, Glycemic Load:13.8, Inflammation Score:-8, Nutrition Score:16.770869731903%

# Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

# Nutrients (% of daily need)

Calories: 261.9kcal (13.1%), Fat: 14.79g (22.75%), Saturated Fat: 4.04g (25.22%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 17.58g (6.39%), Sugar: 2.04g (2.27%), Cholesterol: 116.13mg (38.71%), Sodium: 621.92mg (27.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.87%), Vitamin C: 60.62mg (73.47%), Vitamin K: 48.72µg (46.4%), Vitamin B6: 0.53mg (26.25%), Vitamin A: 1220.19IU (24.4%), Selenium: 16.12µg (23.03%), Potassium: 673.02mg (19.23%), Vitamin B12: 1.04µg (17.31%), Phosphorus: 162.88mg (16.29%), Vitamin B2: 0.26mg (15.07%), Vitamin B3: 2.93mg (14.63%), Zinc: 1.88mg (12.51%), Iron: 2.22mg (12.31%), Fiber: 3g (12%), Folate: 45.82µg (11.46%), Manganese: 0.22mg (10.91%), Vitamin B5: 0.98mg (9.81%), Magnesium: 38.08mg (9.52%), Vitamin B1: 0.13mg (8.99%), Copper: 0.18mg (8.87%), Vitamin E: 0.83mg (5.52%), Calcium: 40.76mg (4.08%), Vitamin D: 0.55µg (3.67%)