



Confetti Corned Beef Hash

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

Equipment

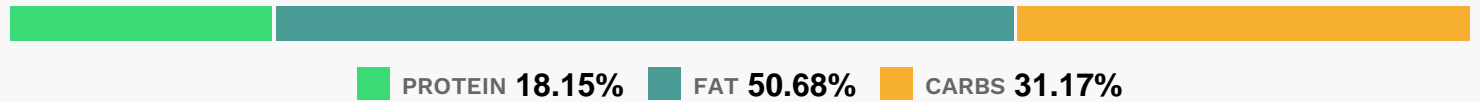
frying pan

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:44.94, Glycemic Load:13.78, Inflammation Score:-8, Nutrition Score:16.608260838882%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg 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: 261.39kcal (13.07%), Fat: 14.78g (22.74%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 17.52g (6.37%), Sugar: 2.04g (2.27%), Cholesterol: 116.13mg (38.71%), Sodium: 621.88mg (27.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.91g (23.82%), Vitamin C: 59.82mg (72.5%), Vitamin K: 48.72µg (46.4%), Vitamin B6: 0.52mg (26.17%), Vitamin A: 1196.43IU (23.93%), Selenium: 16.12µg (23.03%), Potassium: 669.97mg (19.14%), Vitamin B12: 1.04µg (17.31%), Phosphorus: 162.35mg (16.24%), Vitamin B2: 0.25mg (14.93%), Vitamin B3: 2.92mg (14.58%), Zinc: 1.87mg (12.45%), Iron: 2.13mg (11.83%), Fiber: 2.93g (11.72%), Folate: 45.6µg (11.4%), Manganese: 0.21mg (10.48%), Vitamin B5: 0.98mg (9.79%), Magnesium: 37.28mg (9.32%), Vitamin B1: 0.13mg (8.98%), Copper: 0.17mg (8.73%), Vitamin E: 0.83mg (5.52%), Calcium: 38.73mg (3.87%), Vitamin D: 0.55µg (3.67%)