



Corned Beef Hash

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups baking potatoes shredded peeled
- 1 bell pepper finely chopped
- 2 ounces cheddar cheese
- 8 ounces corned beef ribs diced cooked
- 4 large eggs
- 4 servings kosher salt and pepper freshly ground
- 4 tablespoons butter unsalted
- 2 tablespoons vegetable oil

1 onion white finely chopped

Equipment

frying pan

wooden spoon

Directions

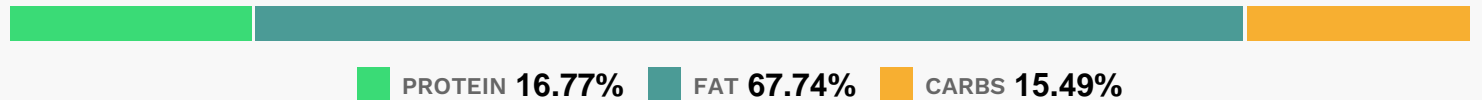
Heat the oil in a medium skillet over high heat.

Add the corned beef and cook, stirring with a wooden spoon, until it releases some fat and browns slightly, about 3 minutes. Stir in the onion, bell pepper and potatoes and cook, undisturbed, until brown and crisp on the bottom, about 6 minutes. Continue cooking, turning the hash as it browns evenly, about 15 more minutes.

Meanwhile, heat the butter in a nonstick skillet over medium-high heat. Fry the eggs sunny-side up or over easy; season with salt and pepper.

Place the cheese slices on top of the hash, reduce the heat and let sit until the cheese melts, about 1 minute. To serve, top each portion of hash with a fried egg.

Nutrition Facts



Properties

Glycemic Index:42.69, Glycemic Load:11.69, Inflammation Score:-8, Nutrition Score:20.317825939344%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 480.07kcal (24%), Fat: 36.35g (55.93%), Saturated Fat: 15.25g (95.29%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 16.64g (6.05%), Sugar: 3.12g (3.47%), Cholesterol: 260.89mg (86.96%), Sodium: 1055.1mg (45.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.25g (40.49%), Vitamin C: 59.7mg (72.36%), Selenium: 30.74µg (43.92%), Vitamin A: 1694.66IU (33.89%), Vitamin B6: 0.64mg (31.9%), Phosphorus: 290.58mg (29.06%), Vitamin B12: 1.63µg (27.14%), Vitamin B2: 0.44mg (26.01%), Zinc: 3.13mg (20.89%), Potassium: 667.38mg

(19.07%), Vitamin B3: 3.23mg (16.13%), Vitamin K: 16.89µg (16.09%), Calcium: 153.82mg (15.38%), Vitamin B5: 1.52mg (15.18%), Iron: 2.69mg (14.96%), Folate: 59.14µg (14.79%), Vitamin E: 2mg (13.3%), Manganese: 0.21mg (10.72%), Magnesium: 41.62mg (10.41%), Copper: 0.2mg (9.92%), Vitamin B1: 0.14mg (9.29%), Vitamin D: 1.29µg (8.63%), Fiber: 2.07g (8.27%)