



Corned Beef Hash

 Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



3

CALORIES



357 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 12 ounces corned beef ribs chopped
- 1 tablespoon parsley leaves fresh chopped
- 1 tablespoon rosemary leaves fresh chopped
- 0.5 teaspoon pepper fresh
- 0.5 cup pasilla peppers mixed chopped
- 2 potatoes whole grated cooked
- 0.5 cup onions red chopped
- 0.5 teaspoon salt

0.5 cup scallions chopped

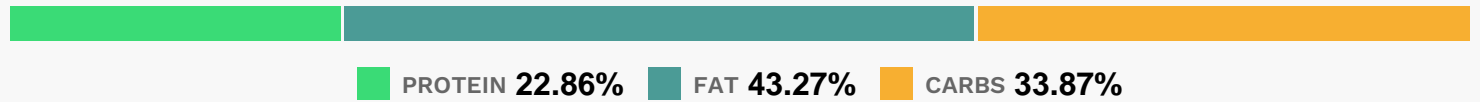
Equipment

frying pan

Directions

Mix all the ingredients together and saute in a pan until golden brown, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:19.09, Inflammation Score:-7, Nutrition Score:23.089130526004%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 357.02kcal (17.85%), Fat: 17.19g (26.44%), Saturated Fat: 5.46g (34.11%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 25.61g (9.31%), Sugar: 3.24g (3.6%), Cholesterol: 61.24mg (20.41%), Sodium: 1781.62mg (77.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.85%), Vitamin C: 85.58mg (103.74%), Vitamin K: 61.55µg (58.62%), Vitamin B6: 0.85mg (42.5%), Vitamin B12: 2.02µg (33.64%), Selenium: 22.22µg (31.75%), Potassium: 1079.35mg (30.84%), Vitamin B3: 5.91mg (29.56%), Zinc: 3.81mg (25.41%), Phosphorus: 234.22mg (23.42%), Iron: 3.57mg (19.85%), Manganese: 0.38mg (19.17%), Fiber: 4.66g (18.62%), Copper: 0.33mg (16.37%), Vitamin B2: 0.25mg (14.93%), Magnesium: 58.87mg (14.72%), Vitamin B1: 0.2mg (13.31%), Folate: 49.42µg (12.35%), Vitamin B5: 1.15mg (11.52%), Vitamin A: 395.06IU (7.9%), Calcium: 51.26mg (5.13%), Vitamin E: 0.22mg (1.44%)