



Corned Beef Hash

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 lb baking potatoes peeled cut into 1/4-inch dice (russet)
- ☐ 1 lb corned beef ribs cooked cut into chunks
- ☐ 4 large eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 cup onion chopped
- ☐ 1 large bell pepper red cut into 1/4-inch pieces
- ☐ 2 tablespoons butter unsalted

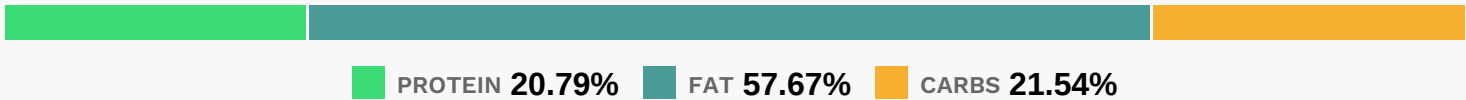
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Cook potatoes in boiling salted water to cover until just tender, about 3 minutes, then drain. Pulse corned beef in a food processor until coarsely chopped.
- ☐ Sauté onion and bell pepper in butter in a 12-inch nonstick skillet over moderately high heat, stirring, until lightly browned, about 5 minutes.
- ☐ Add potatoes and sauté over moderately high heat, stirring occasionally, until browned, about 5 minutes. Stir in corned beef and salt and pepper to taste, then cook, stirring occasionally, until browned.
- ☐ Add cream and cook, stirring, 1 minute.
- ☐ If desired, make 4 holes in hash and break 1 egg into each. Cook over moderately low heat, covered, 5 minutes, or until eggs are cooked to desired doneness, and season with salt and pepper.
- ☐ Sprinkle hash with parsley.

Nutrition Facts



Properties

Glycemic Index:43.94, Glycemic Load:17.47, Inflammation Score:-9, Nutrition Score:26.844347725744%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 513.4kcal (25.67%), Fat: 32.96g (50.71%), Saturated Fat: 14.02g (87.61%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 24.66g (8.97%), Sugar: 4.75g (5.28%), Cholesterol: 279.09mg (93.03%), Sodium: 1465.31mg (63.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.73g (53.46%), Vitamin C: 93.94mg (113.87%), Selenium: 38.11µg (54.44%), Vitamin B6: 0.98mg (48.94%), Vitamin B12: 2.5µg (41.65%), Vitamin A: 2033.48IU (40.67%), Phosphorus: 327.19mg (32.72%), Vitamin B2: 0.52mg (30.64%), Potassium: 1044.92mg (29.85%), Zinc: 4.43mg (29.53%), Vitamin B3: 5.83mg (29.17%), Iron: 4.11mg (22.81%), Vitamin K: 21.73µg (20.69%), Vitamin B5: 1.98mg (19.83%), Folate: 73.83µg (18.46%), Manganese: 0.31mg (15.71%), Copper: 0.3mg (15.22%), Magnesium: 58.56mg (14.64%), Vitamin B1: 0.21mg (13.76%), Fiber: 3.05g (12.19%), Vitamin E: 1.5mg (9.99%), Vitamin D: 1.34µg (8.95%), Calcium: 75.63mg (7.56%)