

Corned Beef Hash

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



407 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup beef broth
- 12 ounce corned beef ribs cut into chunks canned
- 1 medium onion chopped
- 6 large potatoes diced peeled

Equipment

- frying pan

Directions

- In a large deep skillet, over medium heat, combine the potatoes, corned beef, onion, and beef broth. Cover and simmer until potatoes are of mashing consistency, and the liquid is almost gone.
- Mix well, and serve.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:47.57, Inflammation Score:-7, Nutrition Score:23.446087212666%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 406.53kcal (20.33%), Fat: 8.89g (13.67%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 66.27g (22.09%), Net Carbohydrates: 57.84g (21.03%), Sugar: 3.66g (4.06%), Cholesterol: 30.62mg (10.21%), Sodium: 861.7mg (37.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.87%), Vitamin C: 89.36mg (108.31%), Vitamin B6: 1.28mg (63.95%), Potassium: 1770.25mg (50.58%), Fiber: 8.43g (33.72%), Vitamin B3: 6.3mg (31.49%), Manganese: 0.6mg (30.18%), Phosphorus: 287.18mg (28.72%), Magnesium: 95.44mg (23.86%), Copper: 0.47mg (23.4%), Vitamin B1: 0.33mg (21.92%), Iron: 3.94mg (21.91%), Zinc: 2.72mg (18.11%), Selenium: 12.25µg (17.5%), Vitamin B12: 1.04µg (17.29%), Folate: 66.16µg (16.54%), Vitamin B5: 1.45mg (14.46%), Vitamin B2: 0.22mg (12.97%), Vitamin K: 7.08µg (6.75%), Calcium: 54.87mg (5.49%)