



Corned Beef Hash



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups corned beef ribs cooked finely chopped
- ☐ 4 servings parsley fresh chopped
- ☐ 1 cup onion finely chopped
- ☐ 2 cups potatoes cooked chopped
- ☐ 4 servings salt and pepper
- ☐ 2 Tbsp butter unsalted

Equipment

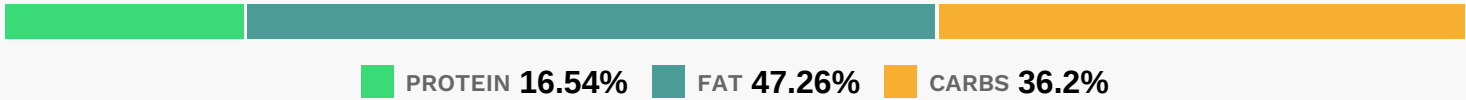
- ☐ frying pan

☐ spatula

Directions

- ☐ Heat butter in a large skillet (preferably cast iron) on medium heat.
- ☐ Add the onion and cook a few minutes, until translucent. 2
- ☐ Mix in the chopped corned beef and potatoes.
- ☐ Spread out evenly over the pan. Increase the heat to high or medium high and press down on the mixture with a metal spatula.3 Do not stir the potatoes and corned beef, but let them brown. If you hear them sizzling, this is good. Use a metal spatula to peek underneath and see if they are browning. If nicely browned, use the spatula to flip sections over in the pan so that they brown on the other side. Press down again with the spatula. If there is too much sticking, you can add a little more butter to the pan. Continue to cook in this manner until the potatoes and the corned beef are nicely browned.4
- ☐ Remove from heat, stir in chopped parsley.
- ☐ Add plenty of freshly ground black pepper, and add salt to taste.
- ☐ Serve with fried or poached eggs for breakfast.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:15.99, Inflammation Score:-7, Nutrition Score:15.663912869018%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 271.3kcal (13.57%), Fat: 14.36g (22.09%), Saturated Fat: 6.37g (39.83%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 21.32g (7.75%), Sugar: 2.66g (2.95%), Cholesterol: 45.78mg (15.26%), Sodium: 893.11mg (38.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.61%), Vitamin K: 68.5µg (65.24%), Vitamin C: 46.84mg (56.77%), Vitamin B6: 0.56mg (28.23%), Potassium: 748.13mg (21.38%), Vitamin B3: 3.42mg (17.08%),

Vitamin B12: 1.02µg (16.96%), Selenium: 11.37µg (16.24%), Phosphorus: 149.16mg (14.92%), Zinc: 2.07mg (13.81%),
Fiber: 3.41g (13.66%), Manganese: 0.25mg (12.55%), Iron: 2.21mg (12.29%), Copper: 0.21mg (10.64%), Vitamin A:
517.55IU (10.35%), Magnesium: 41.26mg (10.32%), Vitamin B1: 0.14mg (9.41%), Folate: 35.65µg (8.91%), Vitamin B2:
0.14mg (8.45%), Vitamin B5: 0.75mg (7.45%), Calcium: 34.69mg (3.47%), Vitamin E: 0.21mg (1.43%)