



Corned Beef Hash



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



2

CALORIES



533 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon bacon grease
- ☐ 2 cups corned beef ribs cooked cut into small pieces – [link this](#)
- ☐ 2 eggs
- ☐ 1 onion sliced
- ☐ 2 cups potatoes cooked cut into small pieces
- ☐ 2 servings salt an pepper to taste

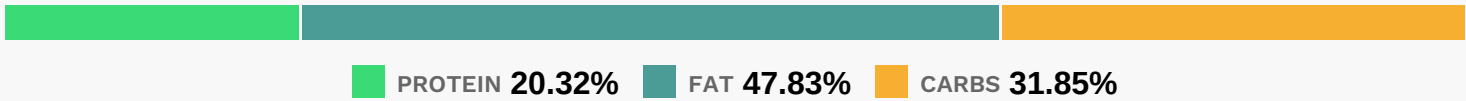
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium-high heat, add the onions and saute until tender, about 3-5 minutes.
- ☐ Add the corned beef and potatoes, season with salt and pepper, spread everything out evenly, press down and let them cook until they are nicely browned on the one side, flip and brown on the other side.Fry the eggs and serve on top of the corned beef.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:27.99, Inflammation Score:-7, Nutrition Score:25.663912762766%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

Nutrients (% of daily need)

Calories: 533.15kcal (26.66%), Fat: 28.23g (43.43%), Saturated Fat: 9.53g (59.56%), Carbohydrates: 42.3g (14.1%), Net Carbohydrates: 36.74g (13.36%), Sugar: 4.13g (4.59%), Cholesterol: 231.35mg (77.12%), Sodium: 1656.78mg (72.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.98g (53.96%), Vitamin C: 75.95mg (92.06%), Vitamin B6: 1.09mg (54.4%), Selenium: 35.88µg (51.26%), Vitamin B12: 2.4µg (40.05%), Potassium: 1360.77mg (38.88%), Phosphorus: 354.98mg (35.5%), Vitamin B3: 6.45mg (32.23%), Zinc: 4.5mg (29.99%), Vitamin B2: 0.46mg (27.09%), Iron: 4.43mg (24.64%), Fiber: 5.55g (22.22%), Manganese: 0.43mg (21.38%), Copper: 0.4mg (20.22%), Vitamin B5: 2.01mg (20.08%), Magnesium: 74.9mg (18.73%), Folate: 70.38µg (17.59%), Vitamin B1: 0.26mg (17.3%), Calcium: 70.52mg (7.05%), Vitamin D: 1.05µg (7.03%), Vitamin A: 242.9IU (4.86%), Vitamin K: 4.34µg (4.14%), Vitamin E: 0.54mg (3.57%)