



## Corned Beef Hash (Abalos style)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 12 ounce corned beef ribs canned
- 4 cloves garlic chopped
- 1 onion diced
- 1 large potatoes diced
- 4 servings salt and pepper to taste
- 1 tomatoes chopped
- 1 tablespoon vegetable oil

### Equipment

frying pan

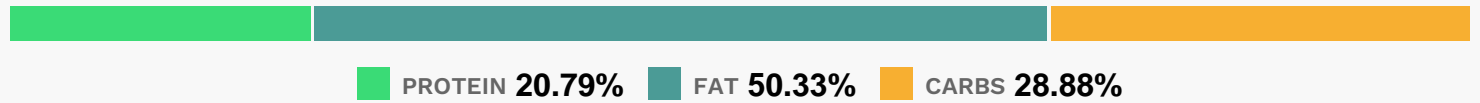
## Directions

Heat oil in a large skillet over medium-high heat.

Add onion and garlic, and cook until fragrant. Stir in the tomatoes and potatoes, and cook for 7 to 10 minutes until potatoes are softened.

Add the corned beef, and flake into pieces. Cook for another 10 minutes, stirring frequently. Season with salt and pepper, and serve.

## Nutrition Facts



## Properties

Glycemic Index:44.69, Glycemic Load:12.96, Inflammation Score:-6, Nutrition Score:14.595217466354%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

## Nutrients (% of daily need)

Calories: 290.49kcal (14.52%), Fat: 16.26g (25.01%), Saturated Fat: 4.59g (28.68%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 18.06g (6.57%), Sugar: 2.72g (3.03%), Cholesterol: 45.93mg (15.31%), Sodium: 1237.51mg (53.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.11g (30.22%), Vitamin C: 48.32mg (58.57%), Vitamin B6: 0.61mg (30.68%), Vitamin B12: 1.51µg (25.23%), Selenium: 17µg (24.29%), Potassium: 766.06mg (21.89%), Vitamin B3: 4.32mg (21.6%), Zinc: 2.83mg (18.84%), Phosphorus: 172.03mg (17.2%), Manganese: 0.28mg (13.97%), Iron: 2.35mg (13.06%), Fiber: 2.93g (11.72%), Copper: 0.23mg (11.56%), Vitamin B2: 0.18mg (10.57%), Vitamin K: 10.6µg (10.09%), Magnesium: 40.01mg (10%), Vitamin B1: 0.14mg (9.36%), Vitamin B5: 0.84mg (8.37%), Folate: 28.94µg (7.23%), Vitamin A: 258.81IU (5.18%), Calcium: 31.97mg (3.2%), Vitamin E: 0.46mg (3.08%)