

Corned Beef Hash Cakes

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



87 kcal

Ingredients

- 1 cup corned beef ribs shredded cooked
- 1 small onion chopped
- 2 cups potatoes leftover mashed
- 8 servings salt and pepper to taste
- 1 tablespoon vegetable oil

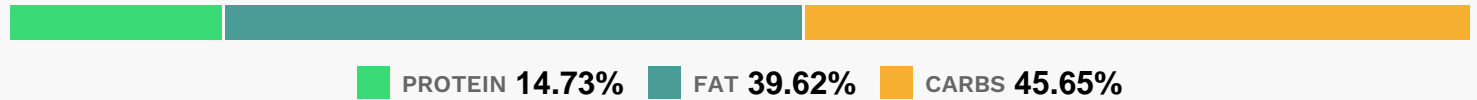
Equipment

- bowl
- frying pan

Directions

- Heat oil in a large skillet over medium heat. Fry onion in oil until translucent.
- Transfer to a medium bowl, and mix with mashed potatoes and corned beef. Season with salt and pepper. Form into 8 patties. Fry patties in the skillet over medium-high heat until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:6.89, Inflammation Score:-2, Nutrition Score:4.2043478471106%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 86.92kcal (4.35%), Fat: 3.86g (5.94%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 8.7g (3.17%), Sugar: 0.78g (0.87%), Cholesterol: 7.63mg (2.54%), Sodium: 369.19mg (16.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin C: 14.8mg (17.94%), Vitamin B6: 0.21mg (10.32%), Potassium: 275.79mg (7.88%), Vitamin B3: 1.08mg (5.4%), Fiber: 1.3g (5.22%), Phosphorus: 48.99mg (4.9%), Manganese: 0.09mg (4.75%), Vitamin B12: 0.25µg (4.19%), Selenium: 2.89µg (4.12%), Vitamin K: 4.16µg (3.96%), Zinc: 0.57mg (3.8%), Copper: 0.08mg (3.79%), Magnesium: 14.93mg (3.73%), Iron: 0.67mg (3.71%), Vitamin B1: 0.05mg (3.47%), Folate: 10.77µg (2.69%), Vitamin B5: 0.25mg (2.47%), Vitamin B2: 0.04mg (2.43%)