



Corned Beef Hash with Poached Eggs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup corned beef ribs homemade finely chopped
- ☐ 0.5 cup corned beef ribs chopped
- ☐ 0.5 cup corned beef ribs chopped (mixture of carrots, turnips, and parsnips)
- ☐ 2 cups corned beef ribs chopped
- ☐ 2 cups corned beef ribs finely chopped
- ☐ 2 large eggs beaten to blend
- ☐ 4 large eggs
- ☐ 2 tablespoons olive oil ()

- ☐ 0.7 cup onion red finely chopped
- ☐ 1 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ roasting pan
- ☐ stove
- ☐ spatula
- ☐ slotted spoon

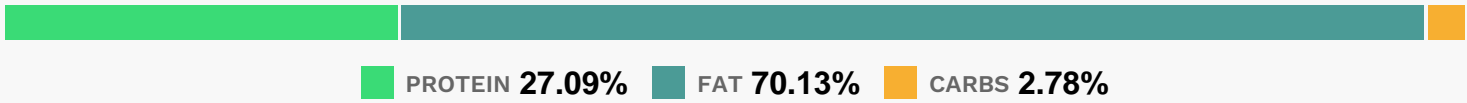
Directions

- ☐ Pour enough water into large roasting pan to reach depth of 2 inches; set near stove.
- ☐ Pour enough water into large nonstick skillet to reach depth of 1 1/2 inches; add 1 teaspoon salt and bring to simmer. Crack each egg into separate custard cup. Working with 4 eggs per batch, gently slide 1 egg at a time into simmering water in skillet. Cook just until egg whites are set, about 1 minute (yolks will be only partially cooked). Using slotted spoon, carefully transfer eggs to prepared roasting pan with water. Reserve skillet with water. DO AHEAD: Poached eggs can be made 1 hour ahead.
- ☐ Let stand at room temperature.
- ☐ Heat large nonstick skillet over medium heat; add fat trimmings and sauté until light brown and fat renders, about 3 minutes.
- ☐ Add red onion to skillet and sauté until soft, about 5 minutes.
- ☐ Add cabbage and chopped root vegetable mixture and sauté 5 minutes.
- ☐ Transfer vegetable mixture to bowl; stir in corned beef and potatoes. Season to taste with salt and pepper.
- ☐ Add beaten eggs and toss to coat.
- ☐ Melt butter in same skillet over medium-high heat.
- ☐ Add corned beef hash mixture and cook until golden brown on bottom, occasionally pressing down with spatula, about 4 minutes. Turn hash mixture over in small portions and cook until second side is golden brown, occasionally pressing down with spatula, about 3 more minutes.

- ☐
- Meanwhile, bring water in reserved skillet to simmer. Using slotted spoon, gently transfer eggs back to skillet. Cook just until yolks are softly set, about 2 minutes.

☐

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:20.971738794576%

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: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 473.46kcal (23.67%), Fat: 36.26g (55.78%), Saturated Fat: 10.34g (64.62%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.79g (1.01%), Sugar: 1.41g (1.56%), Cholesterol: 359.09mg (119.7%), Sodium: 2494.04mg (108.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.52g (63.03%), Selenium: 51.34µg (73.34%), Vitamin B12: 3.31µg (55.12%), Vitamin C: 42.02mg (50.93%), Zinc: 5.24mg (34.94%), Vitamin B2: 0.58mg (34.28%), Phosphorus: 329.76mg (32.98%), Vitamin B6: 0.59mg (29.48%), Vitamin B3: 5.52mg (27.58%), Iron: 3.92mg (21.77%), Vitamin B5: 2.03mg (20.28%), Potassium: 583.11mg (16.66%), Vitamin E: 1.8mg (12.01%), Folate: 47.73µg (11.93%), Copper: 0.23mg (11.4%), Vitamin D: 1.5µg (10%), Magnesium: 32.45mg (8.11%), Vitamin A: 405.53IU (8.11%), Vitamin B1: 0.11mg (7.07%), Calcium: 58.95mg (5.89%), Manganese: 0.09mg (4.33%), Vitamin K: 4.55µg (4.33%), Fiber: 0.45g (1.81%)