



Corned Beef Homie Home Fries

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



612 kcal

SIDE DISH

Ingredients

- 4 servings cheddar cheese shredded sour sliced for topping
- 0.5 cup anaheim chile pepper diced
- 8 ounces corned beef ribs diced
- 3 tablespoons garlic minced
- 4 servings kosher salt
- 5 tablespoons olive oil extra-virgin
- 1 teaspoon paprika
- 4 servings pepper freshly ground

- 0.5 cup bell pepper diced red
- 1 cup onion diced red
- 2 pounds red-skinned potatoes cut into 1/2-inch pieces
- 1 tablespoon butter unsalted

Equipment

- frying pan
- paper towels
- pot

Directions

- Bring a large pot of water to a boil and add 1 teaspoon salt.
- Add the potatoes and cook until almost fork-tender, about 5 minutes.
- Drain the potatoes and pat dry with paper towels.
- Meanwhile, heat 2 tablespoons olive oil and the butter in a large saute pan over medium heat.
- Add the onion, chile pepper, bell pepper and corned beef and saute until the onion is translucent, about 5 minutes.
- Add the garlic and paprika and season with salt and pepper. Cook 2 minutes, then remove the mixture from the pan and keep hot.
- Add the remaining 3 tablespoons olive oil and the potatoes to the same pan. Cook, turning occasionally, until crispy on all sides, about 12 minutes.
- Add the corned beef mixture and combine thoroughly, being careful to not break the potatoes.
- Serve the home fries topped with cheese, avocado, sour cream and scallions.
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:2.46, Inflammation Score:-9, Nutrition Score:26.341304354046%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg

Nutrients (% of daily need)

Calories: 612.16kcal (30.61%), Fat: 39.58g (60.89%), Saturated Fat: 12.79g (79.92%), Carbohydrates: 45.7g (15.23%), Net Carbohydrates: 40.17g (14.61%), Sugar: 6.61g (7.35%), Cholesterol: 68.14mg (22.71%), Sodium: 1126.99mg (49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.13%), Vitamin C: 90.43mg (109.62%), Vitamin B6: 0.85mg (42.66%), Potassium: 1419.34mg (40.55%), Phosphorus: 378.34mg (37.83%), Selenium: 21.63µg (30.9%), Vitamin A: 1413.75IU (28.27%), Manganese: 0.56mg (28.17%), Calcium: 265.46mg (26.55%), Vitamin B3: 5.25mg (26.27%), Zinc: 3.72mg (24.83%), Vitamin E: 3.43mg (22.88%), Vitamin B12: 1.33µg (22.22%), Copper: 0.44mg (22.13%), Fiber: 5.53g (22.13%), Vitamin K: 22.44µg (21.37%), Vitamin B2: 0.35mg (20.5%), Magnesium: 79.12mg (19.78%), Iron: 3.34mg (18.54%), Vitamin B1: 0.27mg (18.18%), Folate: 70.99µg (17.75%), Vitamin B5: 1.28mg (12.79%), Vitamin D: 0.23µg (1.55%)