



Corned Beef Skillet Hash

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



436 kcal

SIDE DISH

Ingredients

- 2 cups corned beef brisket cooked chopped
- 1.5 cups potatoes cooked chopped ()
- 1.5 cups beets fresh diced cooked (12 oz beets)
- 0.3 cup onion chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup shortening
- 1 serving parsley fresh chopped

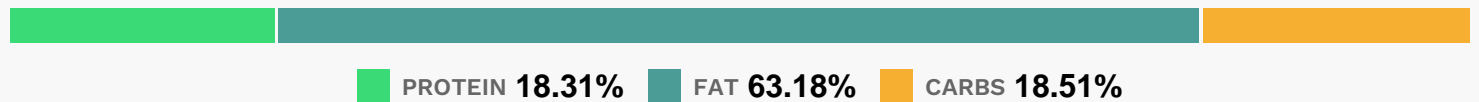
Equipment

- bowl
- frying pan
- spatula

Directions

- In large bowl, mix all ingredients except shortening and parsley.
- In 10-inch skillet, heat shortening over medium heat until melted.
- Spread beef mixture in skillet. Cook 10 to 15 minutes, turning occasionally with wide spatula, until brown.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:59.69, Glycemic Load:12.58, Inflammation Score:-5, Nutrition Score:18.390869731488%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 436.06kcal (21.8%), Fat: 30.62g (47.11%), Saturated Fat: 8.84g (55.26%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 16.74g (6.09%), Sugar: 4.64g (5.15%), Cholesterol: 63.88mg (21.29%), Sodium: 1776.46mg (77.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.93%), Vitamin C: 52.27mg (63.36%), Vitamin B12: 2.11µg (35.09%), Selenium: 23.14µg (33.06%), Vitamin B6: 0.63mg (31.35%), Vitamin B3: 5.36mg (26.8%), Zinc: 3.81mg (25.43%), Potassium: 875.35mg (25.01%), Vitamin K: 25.07µg (23.88%), Phosphorus: 208.34mg (20.83%), Folate: 78.18µg (19.54%), Iron: 3.13mg (17.42%), Manganese: 0.35mg (17.37%), Vitamin B2: 0.24mg (13.89%), Fiber: 3.45g (13.81%), Copper: 0.26mg (13.1%), Magnesium: 48.46mg (12.11%), Vitamin B5: 1.1mg (10.96%), Vitamin B1: 0.14mg (9.29%), Vitamin E: 0.83mg (5.5%), Calcium: 31.2mg (3.12%), Vitamin A: 103.6IU

(2.07%)