



Corny Beef Brunch

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



10

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 42 ounces corned beef ribs canned
- 12 ounce processed cheese food
- 12 large eggs
- 0.5 teaspoon pepper

Equipment

- oven
- knife
- baking pan

Directions

- Spread hash in the bottom of a greased 13x9-in. baking dish.
- Layer cheese slices over hash. Beat eggs and pepper; pour over top.
- Bake at 350° for 35–40 minutes or until a knife inserted in the center comes out clean.

Nutrition Facts

 **PROTEIN 28.32%**  **FAT 69.94%**  **CARBS 1.74%**

Properties

Glycemic Index:5.9, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:20.565652203625%

Nutrients (% of daily need)

Calories: 448.02kcal (22.4%), Fat: 34.27g (52.72%), Saturated Fat: 13.65g (85.34%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.9g (0.69%), Sugar: 0.99g (1.1%), Cholesterol: 321.52mg (107.17%), Sodium: 2102.74mg (91.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.22g (62.43%), Selenium: 47.92µg (68.46%), Vitamin B12: 3.16µg (52.73%), Phosphorus: 476.33mg (47.63%), Calcium: 397.88mg (39.79%), Vitamin C: 32.15mg (38.97%), Zinc: 5.02mg (33.44%), Vitamin B2: 0.54mg (31.82%), Vitamin B6: 0.47mg (23.3%), Vitamin B3: 4.43mg (22.15%), Iron: 3.29mg (18.26%), Vitamin B5: 1.74mg (17.37%), Potassium: 482.67mg (13.79%), Vitamin A: 646.03IU (12.92%), Copper: 0.19mg (9.56%), Vitamin D: 1.4µg (9.36%), Folate: 36.89µg (9.22%), Magnesium: 32.89mg (8.22%), Vitamin E: 0.9mg (6.02%), Vitamin B1: 0.08mg (5.36%), Manganese: 0.07mg (3.37%), Vitamin K: 1.23µg (1.17%)