

Cowboy Hash

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

READY IN



20 min.

SERVINGS



6

CALORIES



775 kcal

SIDE DISH

Ingredients

- 2 cups regular corn
- 1 pound ground beef lean
- 3.5 cups beans ranch-style
- 1 tablespoon vegetable oil

Equipment

- frying pan

Directions

- Heat oil in a large skillet over medium high heat.
- Saute ground beef until browned; drain.
- Stir in corn and beans and bring to a boil; reduce heat to low, cover and simmer for 10 minutes.

Nutrition Facts

PROTEIN 10.18% **FAT 80.03%** **CARBS 9.79%**

Properties

Glycemic Index:9.25, Glycemic Load:5.29, Inflammation Score:-4, Nutrition Score:18.15913029339%

Nutrients (% of daily need)

Calories: 774.89kcal (38.74%), Fat: 69.12g (106.33%), Saturated Fat: 11.89g (74.32%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 17.8g (6.47%), Sugar: 8.9g (9.89%), Cholesterol: 83.27mg (27.76%), Sodium: 1311.81mg (57.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.78g (39.57%), Vitamin K: 192.2µg (183.05%), Phosphorus: 449.61mg (44.96%), Vitamin B12: 1.93µg (32.19%), Zinc: 4.4mg (29.36%), Selenium: 18.16µg (25.94%), Vitamin B3: 5.09mg (25.46%), Vitamin E: 3.55mg (23.68%), Vitamin B6: 0.41mg (20.49%), Vitamin B5: 2.01mg (20.09%), Vitamin B2: 0.27mg (16.05%), Iron: 2.45mg (13.62%), Potassium: 463.08mg (13.23%), Magnesium: 36.98mg (9.24%), Manganese: 0.15mg (7.6%), Vitamin B1: 0.1mg (6.65%), Copper: 0.11mg (5.5%), Folate: 21.19µg (5.3%), Fiber: 1.23g (4.93%), Calcium: 47.54mg (4.75%), Vitamin A: 188.21IU (3.76%), Vitamin C: 2.82mg (3.42%), Vitamin D: 0.22µg (1.44%)