



## Deluxe Corned Beef Hash

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



374 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tablespoons butter
- 1 large carrots shredded
- 2 pounds corned beef ribs cubed cooked
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon pepper black to taste
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 large onion chopped
- 0.3 teaspoon thyme leaves dried

5 large yukon gold potatoes peeled cut into 1/4-inch cubes

## Equipment

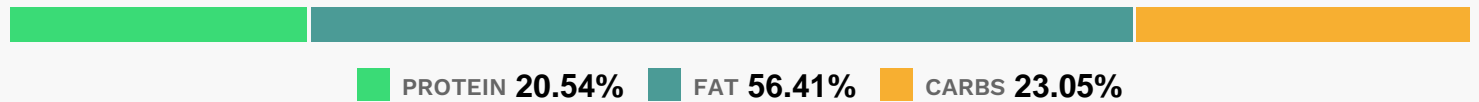
frying pan

## Directions

Melt butter with the olive oil in a large skillet over medium heat, and cook the onion just until it begins to brown, about 8 minutes; stir in the potatoes and carrot, and cook until tender, about 15 minutes, stirring occasionally. Stir in the cubed corned beef, parsley, thyme, salt, and pepper.

Let the mixture cook until hash is crisp and browned, stirring often, 10 to 15 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:39.57, Glycemic Load:14.29, Inflammation Score:-8, Nutrition Score:18.626521939817%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

## Nutrients (% of daily need)

Calories: 374.3kcal (18.72%), Fat: 23.38g (35.98%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 18.51g (6.73%), Sugar: 2.06g (2.29%), Cholesterol: 68.76mg (22.92%), Sodium: 1416.56mg (61.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.16g (38.32%), Vitamin C: 54.9mg (66.54%), Vitamin B6: 0.68mg (33.94%), Vitamin B12: 2.02µg (33.74%), Vitamin A: 1681.4IU (33.63%), Selenium: 22.01µg (31.44%), Vitamin B3: 5.4mg (26.99%), Potassium: 848.74mg (24.25%), Zinc: 3.61mg (24.07%), Vitamin K: 22.24µg (21.18%), Phosphorus: 203.51mg (20.35%), Iron: 2.92mg (16.2%), Vitamin B2: 0.22mg (13.24%), Copper: 0.25mg (12.72%), Manganese: 0.24mg (12.05%), Fiber: 2.98g (11.93%), Magnesium: 44.15mg (11.04%), Vitamin B5: 1.02mg (10.18%), Vitamin B1: 0.15mg (9.97%), Folate: 29.62µg (7.4%), Vitamin E: 0.67mg (4.45%), Calcium: 31.03mg (3.1%)