



Hot Corned Beef-Potato Hash

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce angel hair slaw
- ☐ 8 ounces deli corned beef lean thinly sliced
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup leek thinly sliced (1 medium)
- ☐ 0.5 teaspoon pepper
- ☐ 1 pound potatoes red thinly sliced (8 potatoes)
- ☐ 6 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt

- ☐ 2 teaspoons spicy brown mustard
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon vegetable oil

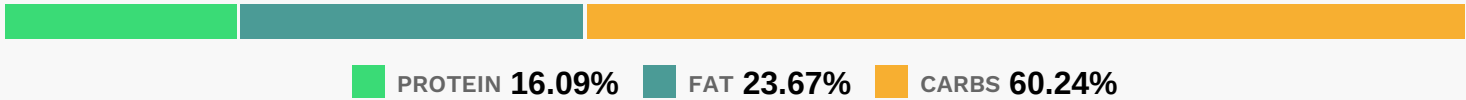
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cut corned beef slices crosswise into thin strips; set aside.
- ☐ Place potatoes in a large saucepan. Cover with water; bring to a boil. Cook 5 minutes.
- ☐ Add leek; cook an additional 2 minutes.
- ☐ Drain well.
- ☐ Combine potato mixture and slaw in a bowl; toss well. Set aside.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add corned beef; saut 2 minutes.
- ☐ Add vinegar and next 5 ingredients (vinegar through pepper); cook 1 minute, stirring frequently.
- ☐ Pour vinaigrette over potato mixture; toss until well-blended and wilted.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.27, Glycemic Load:22.91, Inflammation Score:-6, Nutrition Score:20.36130421058%

Flavonoids

Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 509.73kcal (25.49%), Fat: 13.24g (20.37%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 75.81g (25.27%), Net Carbohydrates: 71.01g (25.82%), Sugar: 5.27g (5.85%), Cholesterol: 30.62mg (10.21%), Sodium: 1039.41mg (45.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.25g (40.49%), Selenium: 57.31µg (81.88%), Manganese: 0.99mg (49.26%), Vitamin C: 27.86mg (33.77%), Phosphorus: 283.7mg (28.37%), Vitamin B6: 0.52mg (25.92%), Potassium: 902.86mg (25.8%), Vitamin B3: 4.69mg (23.46%), Copper: 0.46mg (22.78%), Zinc: 3.05mg (20.36%), Magnesium: 79.5mg (19.88%), Vitamin K: 20.52µg (19.54%), Fiber: 4.8g (19.2%), Iron: 3.36mg (18.69%), Vitamin B12: 1.01µg (16.82%), Vitamin B1: 0.2mg (13.33%), Folate: 50.64µg (12.66%), Vitamin B2: 0.18mg (10.36%), Vitamin B5: 0.99mg (9.9%), Vitamin A: 381.99IU (7.64%), Calcium: 47.84mg (4.78%), Vitamin E: 0.59mg (3.91%)