



## How to Make Corned Beef Hash

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



502 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 pounds corned beef ribs cooked finely chopped
- ☐ 2 cloves garlic crushed
- ☐ 1 bunch green onions chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1.5 pounds potatoes peeled quartered
- ☐ 0.3 cup roasted tomato salsa

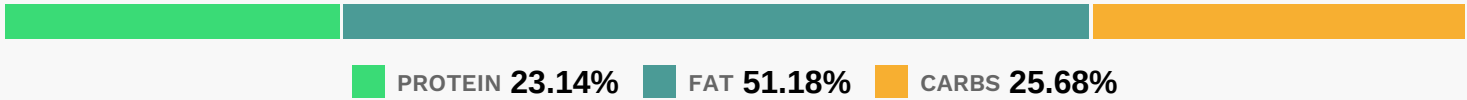
### Equipment

- ☐ frying pan
- ☐ pot
- ☐ spatula

## Directions

- ☐ Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until almost tender but still firm, about 15 minutes.
- ☐ Drain and finely chop.
- ☐ Cook beef in a large cast-iron or non-stick skillet over medium heat until fat begins to render. Stir green onions, salt, and pepper into beef.
- ☐ Add garlic and butter; cook and stir until butter is melted and garlic is fragrant, 1 to 2 minutes.
- ☐ Stir potatoes, salsa, and a pinch of salt into beef mixture. Pat mixture down in the skillet with a spatula and divide hash into 4 sections. Cook, without stirring, until a crust forms on the bottom, about 5 minutes. Flip sections and cook until a crust forms on the bottom again, about 5 minutes more. Repeat cooking and flipping process, flipping every 5 minutes, until hash stays together and has a golden crust, 10 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:56.94, Glycemic Load:22, Inflammation Score:-6, Nutrition Score:25.073478180429%

## Flavonoids

Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 501.98kcal (25.1%), Fat: 28.39g (43.68%), Saturated Fat: 9.9g (61.86%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 27.8g (10.11%), Sugar: 2.1g (2.34%), Cholesterol: 99.38mg (33.13%), Sodium: 2210.63mg (96.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.89g (57.77%), Vitamin C: 81.34mg (98.59%), Vitamin B6: 1.05mg (52.32%), Vitamin B12: 3.03µg (50.56%), Selenium: 33.26µg (47.52%), Vitamin B3: 8.24mg (41.22%), Potassium: 1287.97mg (36.8%), Zinc: 5.42mg (36.12%), Phosphorus: 306.68mg (30.67%), Iron: 4.39mg (24.41%), Vitamin B2: 0.33mg (19.68%), Copper: 0.39mg (19.61%), Manganese: 0.36mg (18%), Fiber: 4.25g (16.99%),

Magnesium: 67.19mg (16.8%), Vitamin K: 16.77µg (15.97%), Vitamin B5: 1.52mg (15.25%), Vitamin B1: 0.22mg (14.77%),  
Folate: 40.38µg (10.09%), Vitamin A: 229.37IU (4.59%), Calcium: 45.19mg (4.52%), Vitamin E: 0.33mg (2.21%)