



Kicked-Up Corned Beef Hash

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



330 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 teaspoons chicken bouillon
- ☐ 2 tablespoons chives chopped
- ☐ 0.8 pound corned beef ribs diced
- ☐ 2 tablespoons garlic minced
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 jalapeño minced
- ☐ 6 servings kosher salt and freshly cracked pepper black

- ☐ 1 large onion diced
- ☐ 2 large russet potatoes diced
- ☐ 1 cup swiss cheese finely grated

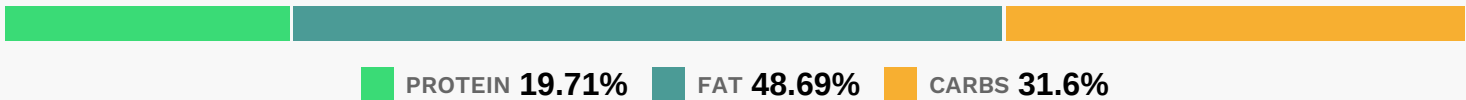
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ colander

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the potatoes in a saucepan and cover with water and bring to a boil over high heat. Reduce the heat to low; and simmer for 1 minute making sure the potatoes are still firm.
- ☐ Drain the potatoes in colander and set aside.
- ☐ Heat a 10-inch skillet, over medium-high.
- ☐ Add the butter and allow it to brown for 1 minute. Stir in the onions, garlic and jalapenos and cook for 5 minutes.
- ☐ Add the corned beef, horseradish, bouillon, potatoes, chives and Swiss cheese.
- ☐ Mix well, then remove from the heat. Spoon the hash into 6 (6-ounce) ramekins.
- ☐ Put the ramekins on a quarter sheet tray and bake until nicely browned, about 12 to 15 minutes.
- ☐ Remove from the oven and serve hot.

Nutrition Facts



Properties

Glycemic Index:55.13, Glycemic Load:18.42, Inflammation Score:-5, Nutrition Score:14.443913055503%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 329.85kcal (16.49%), Fat: 17.99g (27.67%), Saturated Fat: 8.41g (52.55%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 24.01g (8.73%), Sugar: 2.17g (2.41%), Cholesterol: 57.39mg (19.13%), Sodium: 971.92mg (42.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.78%), Vitamin C: 28.97mg (35.12%), Vitamin B6: 0.68mg (33.88%), Vitamin B12: 1.56µg (26.01%), Phosphorus: 251.77mg (25.18%), Selenium: 17.33µg (24.76%), Potassium: 757.43mg (21.64%), Calcium: 194.67mg (19.47%), Zinc: 2.87mg (19.11%), Vitamin B3: 3.46mg (17.28%), Manganese: 0.29mg (14.59%), Iron: 2.17mg (12.07%), Magnesium: 46.91mg (11.73%), Vitamin B2: 0.2mg (11.7%), Copper: 0.22mg (10.98%), Vitamin B1: 0.15mg (9.75%), Fiber: 2.25g (9.01%), Vitamin B5: 0.84mg (8.35%), Folate: 29.77µg (7.44%), Vitamin A: 336.72IU (6.73%), Vitamin K: 5.53µg (5.27%), Vitamin E: 0.32mg (2.14%)