



 **12%**
HEALTH SCORE

One Skillet Corned Beef Hash

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

READY IN



35 min.

SERVINGS



6

CALORIES



394 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 5 tablespoons apple cider vinegar
- 24 ounce corned beef ribs canned
- 1 tablespoon pepper black
- 2 onion chopped
- 4 potatoes peeled chopped
- 2 tablespoons vegetable oil

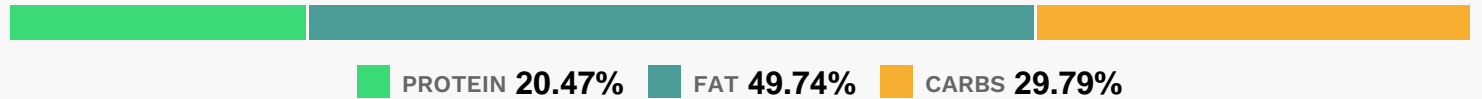
Equipment

- frying pan

Directions

- Heat oil in a large skillet over medium high heat.
- Saute onions and potatoes until slightly browned, then stir in corned beef. Season with pepper and add vinegar 1 tablespoon at a time, cooking for 3 to 5 minutes in between each addition. Partially cover skillet, reduce heat to medium-low and cook, stirring occasionally, for about 20 minutes or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:19.09, Inflammation Score:-5, Nutrition Score:18.886956471464%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 393.74kcal (19.69%), Fat: 21.63g (33.27%), Saturated Fat: 6.12g (38.26%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 25.15g (9.14%), Sugar: 2.72g (3.02%), Cholesterol: 61.24mg (20.41%), Sodium: 1390.87mg (60.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.02g (40.04%), Vitamin C: 61.3mg (74.31%), Vitamin B6: 0.79mg (39.73%), Vitamin B12: 2.02µg (33.64%), Selenium: 22.22µg (31.74%), Potassium: 1010.56mg (28.87%), Vitamin B3: 5.7mg (28.51%), Zinc: 3.72mg (24.82%), Phosphorus: 226.83mg (22.68%), Manganese: 0.45mg (22.29%), Iron: 3.22mg (17.91%), Fiber: 4g (16%), Copper: 0.31mg (15.33%), Vitamin B2: 0.24mg (13.83%), Magnesium: 54.54mg (13.63%), Vitamin K: 12.82µg (12.21%), Vitamin B1: 0.18mg (12.02%), Vitamin B5: 1.13mg (11.26%), Folate: 35.53µg (8.88%), Calcium: 38.72mg (3.87%), Vitamin E: 0.4mg (2.69%)