



Red Flannel Hash

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

Ingredients

- 2 cups beet grated (3 medium beets)
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons cider vinegar
- 2 tablespoons optional: dill fresh chopped
- 3 garlic cloves minced
- 8 ounces ground sirloin
- 1 teaspoon kosher salt divided
- 2 tablespoons olive oil

- 0.3 cup greek yogurt plain 2% reduced-fat
- 2 cups cabbage shredded red ()
- 1 cup onion red chopped
- 0.5 cup water

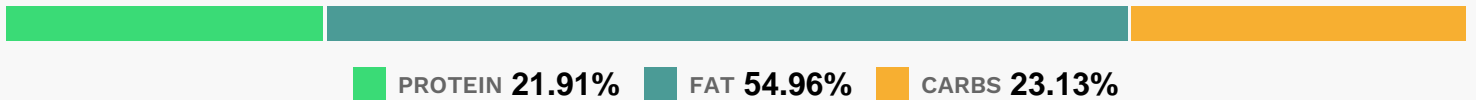
Equipment

- bowl
- frying pan

Directions

- Heat a large skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add beef to pan; cook 4 minutes, stirring to crumble.
- Add onion, 1/2 teaspoon salt, pepper, and garlic; saut 5 minutes or until translucent.
- Add cabbage, beet, water, vinegar, and remaining 1/2 teaspoon salt; cook about 10 minutes or until cabbage begins to wilt and liquid almost evaporates. Spoon 1 1/4 cups hash into each of 4 serving bowls; top each serving with 1 tablespoon yogurt and 1 1/2 teaspoons dill.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:4.79, Inflammation Score:-7, Nutrition Score:14.470000013061%

Flavonoids

Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 256.08kcal (12.8%), Fat: 15.8g (24.31%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 11.33g (4.12%), Sugar: 8.46g (9.4%), Cholesterol: 39.18mg (13.06%), Sodium: 692.49mg (30.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.35%), Vitamin C: 32.53mg (39.43%), Manganese: 0.48mg (24.12%), Folate: 94.42µg (23.6%), Vitamin B12: 1.32µg (21.96%), Vitamin K: 22.69µg (21.61%), Vitamin B6: 0.42mg (20.99%), Zinc: 3.05mg (20.32%), Phosphorus: 170.67mg (17.07%), Potassium: 591.91mg (16.91%), Selenium: 11.48µg (16.4%), Vitamin B3: 3.14mg (15.72%), Fiber: 3.63g (14.53%), Iron: 2.31mg (12.85%), Vitamin B2: 0.19mg (11.38%), Vitamin A: 537.37IU (10.75%), Magnesium: 40.13mg (10.03%), Vitamin E: 1.31mg (8.72%), Calcium: 69.92mg (6.99%), Vitamin B1: 0.1mg (6.63%), Copper: 0.13mg (6.52%), Vitamin B5: 0.59mg (5.9%)