



WHATSheATE



Red flannel hash



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

Ingredients

- ☐ 800 g potatoes boiled
- ☐ 3 tbsp unrefined sunflower oil
- ☐ 140 g corned beef ribs shredded
- ☐ 3 beets cooked
- ☐ 4 servings horseradish

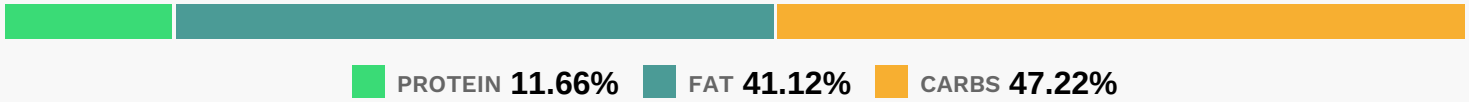
Equipment

- ☐ frying pan

Directions

- ☐ Break up the potatoes.
- ☐ Heat the oil in a heavy frying pan, then add the potatoes and corned beef and cook, turning the potatoes over with a fish slice every time they become crisp. After about 10 mins, when the potatoes are crisp all over, stir through the beetroot, then season. Turn down the heat, pat the potatoes into a cake, then leave to brown on the bottom. Invert onto a plate, then return to the pan until the other side is browned.
- ☐ Serve straight from the pan, or turn out onto a board and cut into wedges.
- ☐ Serve with the horseradish sauce.

Nutrition Facts



Properties

Glycemic Index:45.69, Glycemic Load:28.38, Inflammation Score:-6, Nutrition Score:17.223913172017%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 344.96kcal (17.25%), Fat: 16.03g (24.67%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 41.43g (13.81%), Net Carbohydrates: 35.15g (12.78%), Sugar: 6.12g (6.8%), Cholesterol: 18.9mg (6.3%), Sodium: 506.92mg (22.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.45%), Vitamin C: 53.11mg (64.37%), Vitamin B6: 0.74mg (36.82%), Potassium: 1158.13mg (33.09%), Vitamin E: 4.36mg (29.06%), Manganese: 0.52mg (26.08%), Folate: 103.64µg (25.91%), Fiber: 6.29g (25.15%), Phosphorus: 181.1mg (18.11%), Vitamin B3: 3.61mg (18.07%), Magnesium: 66.39mg (16.6%), Copper: 0.3mg (15.18%), Iron: 2.66mg (14.8%), Vitamin B1: 0.19mg (12.97%), Zinc: 1.83mg (12.23%), Selenium: 7.82µg (11.17%), Vitamin B12: 0.62µg (10.38%), Vitamin B5: 0.89mg (8.91%), Vitamin B2: 0.14mg (8.51%), Vitamin K: 4.55µg (4.34%), Calcium: 39.09mg (3.91%)