

Red Flannel Hash



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

Ingredients

- ☐ 4 Tbsp butter
- ☐ 1 cup onion chopped
- ☐ 2 cups corned beef ribs cooked chopped
- ☐ 1.5 cups beets cooked chopped
- ☐ 1.5 cups potatoes cooked chopped
- ☐ 1 teaspoon worcestershire sauce gluten-free (optional, and use Worcestershire sauce if cooking)
- ☐ 0.3 cup parsley fresh packed chopped ()
- ☐ 4 servings pepper black freshly ground to taste

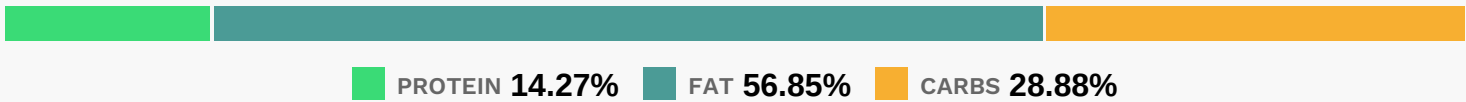
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Cook the onions:
- ☐ Heat butter in a frying pan (cast iron preferred) on medium high heat.
- ☐ Add the onions and cook a couple minutes, until translucent.
- ☐ Add the corned beef, potatoes, and beets. Stir in the pan to combine, and spread out evenly in the pan. Reduce the heat to medium. Press down with a metal spatula to help brown the mixture.
- ☐ Don't stir, but just let cook until nicely browned on one side, then use a metal spatula to lift up sections of the mixture and turn over to brown the other side.
- ☐ If the mixture sticks to the pan too much, just add a little more butter to the pan where it's sticking.
- ☐ When nicely browned, remove from heat.
- ☐ Sprinkle in some Worcestershire sauce, if using. Stir in fresh chopped parsley, if using, and sprinkle on freshly ground black pepper to taste.
- ☐ There should be enough salt from the corned beef, but if not, add salt to taste.
- ☐ Serve plain or with fried or poached eggs.

Nutrition Facts



Properties

Glycemic Index:72.19, Glycemic Load:13.16, Inflammation Score:-7, Nutrition Score:16.187826021858%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.57mg, Myricetin:

0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg

Nutrients (% of daily need)

Calories: 315.01kcal (15.75%), Fat: 20.17g (31.02%), Saturated Fat: 10.03g (62.68%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 19.06g (6.93%), Sugar: 5.95g (6.61%), Cholesterol: 61.04mg (20.35%), Sodium: 846.64mg (36.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.78%), Vitamin K: 64.43µg (61.36%), Vitamin C: 41.41mg (50.19%), Vitamin B6: 0.48mg (24.12%), Potassium: 761mg (21.74%), Folate: 84.88µg (21.22%), Manganese: 0.37mg (18.5%), Vitamin B12: 1.03µg (17.16%), Selenium: 11.69µg (16.69%), Fiber: 3.99g (15.96%), Vitamin B3: 3.18mg (15.91%), Phosphorus: 149.63mg (14.96%), Zinc: 2.14mg (14.28%), Vitamin A: 691.69IU (13.83%), Iron: 2.39mg (13.25%), Magnesium: 44.28mg (11.07%), Copper: 0.21mg (10.55%), Vitamin B2: 0.16mg (9.16%), Vitamin B1: 0.13mg (8.44%), Vitamin B5: 0.72mg (7.15%), Calcium: 41.4mg (4.14%), Vitamin E: 0.4mg (2.64%)