



Reuben Cauliflower Corned Beef Hash



Gluten Free



Popular

READY IN



30 min.

SERVINGS



2

CALORIES



630 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon caraway seeds
- ☐ 2 cups cauliflower steamed cut into small pieces
- ☐ 2 cups corned beef ribs cooked cut into small pieces
- ☐ 2 eggs
- ☐ 1 tablespoon olive oil
- ☐ 1 onion sliced
- ☐ 2 servings salt and pepper to taste
- ☐ 1 cup sauerkraut

- ☐ 0.5 cup swiss cheese
- ☐ 2 servings thousand island dressing to taste

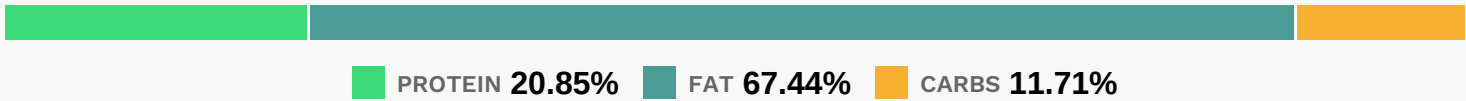
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium-high heat, add the onions and saute until tender, about 3-5 minutes.
- ☐ Add the corned beef cauliflower and sauerkraut, season with salt and pepper, spread everything out evenly, press them down and let them cook until they are nicely browned on the one side, flip and brown on the other side.
- ☐ Sprinkle on the cheese and broil until melted, about 1-3 minutes.Fry the eggs and serve on top of the corned beef hash with dressing to taste.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:2.5, Inflammation Score:-8, Nutrition Score:31.76521761521%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg

Nutrients (% of daily need)

Calories: 629.67kcal (31.48%), Fat: 47.39g (72.91%), Saturated Fat: 14.31g (89.42%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 13.19g (4.79%), Sugar: 10.23g (11.37%), Cholesterol: 257.61mg (85.87%), Sodium: 2471.72mg (107.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.94%), Vitamin C: 93.27mg (113.05%), Selenium: 44.89µg (64.12%), Vitamin B12: 3.22µg (53.64%), Vitamin K: 50.4µg (48%), Phosphorus: 457.98mg (45.8%), Vitamin B1: 0.59mg (39.49%), Vitamin B6: 0.76mg (38.23%), Zinc: 5.56mg (37.06%), Calcium: 335.81mg (33.58%), Vitamin B2: 0.57mg (33.48%), Folate: 113.28µg (28.32%), Potassium: 951.09mg (27.17%), Iron: 4.73mg

(26.27%), Vitamin B3: 4.99mg (24.96%), Vitamin B5: 2.24mg (22.35%), Fiber: 5.33g (21.32%), Vitamin E: 3.03mg (20.19%), Manganese: 0.39mg (19.26%), Magnesium: 62.79mg (15.7%), Copper: 0.3mg (14.99%), Vitamin A: 539.79IU (10.8%), Vitamin D: 0.88µg (5.87%)