



## Skillet Hash

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

READY IN



25 min.

SERVINGS



4

CALORIES



261 kcal

SIDE DISH

## Ingredients

- 2 cups corned beef ribs lean cooked chopped
- 2 cups potatoes cooked chopped
- 0.5 cup onion chopped
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 2 tablespoons vegetable oil

## Equipment

- bowl
- frying pan

## Directions

- In large bowl, mix beef, potatoes, onion, parsley, salt and pepper.
- In 10-inch skillet, heat oil over medium heat.
- Spread beef mixture evenly in skillet. Cook 10 to 15 minutes, turning frequently, until brown.

## Nutrition Facts

**PROTEIN 16.27%** **FAT 52.63%** **CARBS 31.1%**

## Properties

Glycemic Index:43.69, Glycemic Load:13.86, Inflammation Score:-4, Nutrition Score:12.212608700213%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

## Nutrients (% of daily need)

Calories: 261.35kcal (13.07%), Fat: 15.34g (23.6%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 17.7g (6.43%), Sugar: 1.68g (1.86%), Cholesterol: 30.51mg (10.17%), Sodium: 985.96mg (42.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Vitamin C: 38.75mg (46.97%), Vitamin K: 31.08µg (29.6%), Vitamin B6: 0.5mg (24.93%), Potassium: 645.49mg (18.44%), Vitamin B12: 1.01µg (16.76%), Vitamin B3: 3.21mg (16.06%), Selenium: 11.15µg (15.94%), Phosphorus: 132.43mg (13.24%), Zinc: 1.96mg (13.07%), Fiber: 2.7g (10.8%), Iron: 1.89mg (10.49%), Manganese: 0.21mg (10.4%), Copper: 0.19mg (9.29%), Magnesium: 34.67mg (8.67%), Vitamin B1: 0.12mg (7.89%), Vitamin B2: 0.13mg (7.58%), Vitamin B5: 0.66mg (6.62%), Folate: 24.96µg (6.24%), Vitamin E: 0.58mg (3.86%), Calcium: 22.99mg (2.3%), Vitamin A: 87.08IU (1.74%)