



St. Patrick's Day Spinach Pancakes and Corned Beef Hash

READY IN



20 min.

SERVINGS



4

CALORIES



497 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoons butter
- ☐ 1 cup cheddar cheese grated
- ☐ 0.3 cup chives loosely packed chopped
- ☐ 2 tablespoons chives chopped
- ☐ 2 cups corned beef hash canned prepared
- ☐ 1 large eggs
- ☐ 4 fried eggs

- ☐ 1 cup flour
- ☐ 4 servings kosher salt and pepper black freshly grated
- ☐ 1 cup pkt spinach frozen dry chopped (3 to 4 ounces after squeezing)
- ☐ 1 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Blend the milk, egg, spinach, chives, flour, baking powder, 1/2 teaspoon kosher salt and a few grinds of black pepper in a blender on medium-high, scraping down sides occasionally, until completely mixed and bright green.
- ☐ Transfer to a bowl and stir in the cheese.
- ☐ Heat a large nonstick skillet over medium heat and add about 1 teaspoon of butter to the pan, heat through until foaming subsides. Ladle about 1/4 cup of the batter onto the skillet; use the back of your ladle or a spoon to spread it slightly.
- ☐ Pour 1 or 2 more pancakes, taking care to keep them evenly spaced apart. Cook until the top is set and starting to bubble, and the undersides are browned and crisp at the edges, 2 to 3 minutes. Flip with a spatula and cook another 2 minutes on the second side adjusting the heat if the cakes are browning before the cakes fully set.
- ☐ Serve immediately or transfer to a platter and cover loosely with foil to keep warm. Repeat with the remaining batter, adding more butter to the skillet as needed, you should have 8 to 10 pancakes.
- ☐ To serve pancakes, transfer 2 pancakes to each plate, top with 1/2 cup corned beef hash, a fried egg and a sprinkling of chives.

Nutrition Facts



 PROTEIN **23.34%**  FAT **52.37%**  CARBS **24.29%**

Properties

Glycemic Index:93, Glycemic Load:18.82, Inflammation Score:-10, Nutrition Score:32.470000225565%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 496.66kcal (24.83%), Fat: 28.75g (44.23%), Saturated Fat: 12.87g (80.44%), Carbohydrates: 30g (10%), Net Carbohydrates: 27.9g (10.15%), Sugar: 3.67g (4.07%), Cholesterol: 283.79mg (94.6%), Sodium: 1327.7mg (57.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.83g (57.66%), Vitamin K: 156.74µg (149.28%), Vitamin A: 5557.98IU (111.16%), Selenium: 50.25µg (71.78%), Vitamin B2: 0.8mg (47.3%), Phosphorus: 447.38mg (44.74%), Calcium: 429.52mg (42.95%), Folate: 154.23µg (38.56%), Vitamin B12: 2.14µg (35.72%), Zinc: 4.09mg (27.29%), Manganese: 0.54mg (26.94%), Vitamin B1: 0.38mg (25.01%), Vitamin C: 20.21mg (24.49%), Iron: 4.37mg (24.25%), Vitamin B3: 4.26mg (21.32%), Vitamin B6: 0.4mg (20.21%), Vitamin B5: 1.73mg (17.25%), Magnesium: 68.14mg (17.03%), Potassium: 542.79mg (15.51%), Vitamin E: 2.08mg (13.84%), Vitamin D: 1.97µg (13.14%), Copper: 0.22mg (11.09%), Fiber: 2.1g (8.39%)