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## Bayonee-Style Corned Beef Hash Breakfast Side ♦

Bayonee-Style Corned Beef Hash is a classic breakfast side dish that originated in Bayonne, France. It is made with tender corned beef, potatoes, onions, and spices, and is typically served with eggs. This hearty and flavorful dish is perfect for a satisfying breakfast or brunch.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 30 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>300 g</b>	Corned Beef
<b>400 g</b>	potatoes
<b>100 g</b>	onion
<b>1 tsp</b>	salt

0.5 tsp pepper

0.5 tsp paprika

2 tbsp vegetable oil

## Directions

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### Step 1

Boiling

Boil the potatoes until tender. Drain and let cool. Peel and dice into small cubes.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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### Step 2

Sautéing

Heat vegetable oil in a skillet over medium heat. Add onions and cook until translucent.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Frying

Add the diced potatoes to the skillet and cook until golden brown.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 4

Frying

Add the corned beef to the skillet and cook until heated through.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 5

Stirring

Season with salt, pepper, and paprika. Stir well to combine.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 6

Serving

Serve hot with eggs and enjoy!

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 25 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	75 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	20 mg	181.82%	250%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Events

Christmas

### Meal Type

Breakfast

Brunch

Dinner

Snack

### Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Kitchen Tools

Blender

### Course

Appetizers

Main Dishes

Side Dishes

Snacks

Sauces & Dressings

### Difficulty Level

Medium

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