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Corned Beef Hash ♦♦

Corned Beef Hash is a classic dish made from cooked corned beef and diced potatoes, mixed together and cooked until crispy and golden brown. It is often served as a hearty breakfast or brunch option, but can also be enjoyed as a main dish for lunch or dinner. The dish has a rich and savory flavor, with the corned beef adding a salty and slightly tangy taste. It is a popular comfort food that is loved by many.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	corned beef
500 g	potatoes
100 g	onion
50 g	butter

1 tsp salt

0.5 tsp pepper

Directions

Step 1

Boiling

Boil the corned beef until tender. Let it cool, then dice it into small pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Cutting

Peel and dice the potatoes into small cubes. Finely chop the onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

In a large skillet, melt the butter over medium heat. Add the diced potatoes and chopped onion. Cook until the potatoes are golden brown and crispy, stirring occasionally.

Prep Time: 0 mins

Cook Time: 20 mins

Step 4

Frying

Add the diced corned beef to the skillet. Season with salt and pepper. Cook for an additional 5 minutes, until the corned beef is heated through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serving

Serve the corned beef hash hot, garnished with fresh herbs if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 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	3 g	7.89%	12%
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	10 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	80 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	10 mg	769.23%	769.23%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Lunch

Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

High Fiber

Low Sodium

Kitchen Tools

Blender

Oven

Microwave

Course

Main Dishes

Side Dishes

Desserts

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Difficulty Level

Medium

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