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Red Flannel Hash ♦♦

Red Flannel Hash is a traditional American dish made with leftover corned beef, beets, potatoes, and onions. It originated in New England and is often served for breakfast or brunch. The dish gets its name from the red color of the beets, which gives the hash a unique and vibrant appearance.

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

300 g	leftover corned beef
200 g	Beets
400 g	potatoes
100 g	onion
1 tsp	salt

0.5 tsp pepper

50 g butter

Directions

Step 1

Cutting

Peel and dice the beets, potatoes, and onion.

Prep Time: 10 mins

Cook Time: 20 mins

Step 2

Sautéing

Heat butter in a skillet over medium heat. Add the diced vegetables and cook until tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Cooking

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

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 18 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	18 g	105.88%	105.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	10 mg	66.67%	66.67%
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%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Winter

Summer

Fall

Events

Christmas

Thanksgiving

New Year

Back to School

Picnic

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Course

Appetizers

Side Dishes

Salads

Soups

Sauces & Dressings

Difficulty Level

Medium

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