

Corned Beef Hash

Ingredients

Potatoes, Beef, Onion, Olive Oil.

Nutrients per serving

Nutrition Facts	
Serving Size 3 ounce (141g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 460mg	19%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 14g	
Vitamin A 0%	• Vitamin C 10%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	