

Chef-Mate Corned Beef Hash

Features and Benefits:

Cooked Before Canning. Process provides superior flavor texture and appearance. Harsh gases are released before canning. Cooking time is 15 minutes; no tinny or canned flavor. Superior steam table holding time of 8 hrs. Ready to serve. Minimal labor - no mixing or thawing. Guaranteed yield. Consistent quality. Quality ingredients. Premium quality lean corned beef with diced potatoes. Scratch quality. Meat stays moist and potatoes stay firm. Superior flavor and texture. 3 grams of Fiber and 21 grams of Protein per serving.

Instructions:

GRIDDLE/TILT BRAISER: Preheat griddle on high. Spread product onto griddle. Cook for 9 - 11 minutes, over medium heat, turning occasionally, until product is brown and center of product is 165°F. STOVETOP: Heat contents of #10 can in heavy saucepan, stirring frequently over medium heat until center of product is 165°F. STEAM JACKETED KETTLE: Heat contents of #10 can, stirring frequently until center of product is 165°F. PRESSURE OR CONVECTION STEAMER: Place contents of #10 can in half steamtable pan, covered tightly with plastic wrap. Steam in pressure or convection steamer 15-20 minutes until center of product is 165°F. MICROWAVE OVEN: Microwave in microwave-safe container, covered with plastic wrap and vented. Stir once during heating. Heat until center of product is 165°F. 600-700 WATT OVEN: Heat 1 cup for 2 1/2 - 3 minutes; Heat 1 quart for 6 - 7 minutes. 1000 WATT OVEN: Heat 1 cup for 1 1/2 - 2 minutes; Heat 1 quart for 5 - 6 minutes. Note: Microwave ovens vary, adjust time accordingly.

Suggestions:

4 fluid ounces heated on a stove or grilled until lightly browned. Serve alone in a bowl, with toast, or topped with fried eggs.

Product Ingredients:

BEEF AND COOKED CORNED BEEF (CURED WITH SALT, SUGAR, WATER, SODIUM NITRITE), REHYDRATED POTATOES, POTATOES, WATER, 2% OR LESS OF SALT, SUGAR, DEHYDRATED ONIONS, ASCORBIC ACID, SODIUM NITRITE, FLAVORINGS.

Storage Instructions

Storage temperature: Cool, dry place

Shelf life in days: 540

Meal requirements for food

Serving Size: 1 cup (8.92 oz)

Meat or meat alternative: 2.5 oz

Vegetable or fruit: 3/4 cup

Bread or bread alternative: 0

Purchase unit: #10 can

Servings per purchase unit: 12

Purchase units per 100 servings: 8.3

Nutritional Information

<i>Nutritional Fact – Per 1 cup (247 g)</i>	<i>Amount</i>	<i>Daily Value</i>
Calories	440 calories	
Calories from Fat	250 calories	
Total Fat	28 g	43%
Saturated Fat	13 g	64%
Trans Fat	2 g	
Cholesterol	70 mg	23%
Sodium	1580 mg	66%
Carbohydrate	27 g	9%
Dietary Fiber	3 g	14%
Sugars	2 g	
Protein	21 g	20%
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		8%

<i>Nutritional Fact – Per 100 g</i>	<i>Amount</i>
Calories	180 calories
Calories from Fat	101 calories
Total Fat	11.08 g
Saturated Fat	4.74 g
Trans Fat	0.70 g
Monounsaturated Fat	4.77 g
Polyunsaturated Fat	0.31 g
Cholesterol	27.92 mg
Sodium	598.8 mg
Carbohydrate	11.95 g
Dietary Fiber	1.16 g

Sugars	0.96 g
Protein	7.97 g
Vitamin A	0 IU
Vitamin C	3.36 mg
Calcium	8.8 mg
Iron	0.92 mg
Potassium	196 mg

Allergens

Peanuts	NO
Tree Nuts	NO
Milk	NO
Eggs	NO
Fish	NO
Shellfish	NO
Soy	NO
Wheat	NO
Sulphites	NO

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% daily values are based on a 2000 calorie diet