

# Gypsy Hash

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 6

2 large cans (4 cups) corned beef hash  
1 large onion, minced  
1 small clove garlic, mashed  
1/2 cup sour cream  
2 eggs, well beaten  
1/4 cup red wine  
1/4 teaspoon fresh ground pepper  
1/4 teaspoon nutmeg  
fine bread crumbs

Preheat the oven to 350 degrees.

In a bowl, blend well the corned beef, onion, garlic, sour cream, eggs, wine, pepper and nutmeg. Add salt, if desired, but the corned beef is likely to be salty enough.

Spread the mixture in a fairly shallow, greased casserole. Top with a thin sprinkling of bread crumbs.

Bake for 20 to 25 minutes or until the center is firm to the touch.

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Per Serving (excluding unknown items): 81 Calories; 6g Fat (68.5% calories from fat); 3g Protein; 3g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 41mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	81	Vitamin B6 (mg):	.1mg
% Calories from Fat:	68.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	15.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	15.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	14mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	7
Cholesterol (mg):	79mg	% Refuse:	0.0%
Carbohydrate (g):	3g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0

**Protein (g):** 3g  
**Sodium (mg):** 41mg  
**Potassium (mg):** 93mg  
**Calcium (mg):** 37mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 233IU  
**Vitamin A (r.e.):** 69RE

**Lean Meat:** 1/2  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 81 Calories from Fat: 56

### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	3g	15%
<b>Cholesterol</b>	79mg	26%
<b>Sodium</b>	41mg	2%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	trace	2%
<b>Protein</b>	3g	
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<b>Vitamin A</b>		5%
<b>Vitamin C</b>		3%
<b>Calcium</b>		4%
<b>Iron</b>		2%

\* Percent Daily Values are based on a 2000 calorie diet.