



Beer Braised Corned Beef with Red Potatoes and Carrots

 Dairy Free

READY IN



315 min.

SERVINGS



8

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons pickling spice
- 2 teaspoons caraway seeds
- 6 carrots peeled cut into 2-inch pieces
- 3 pound corned beef brisket
- 4 sprigs optional: dill fresh
- 4 garlic cloves smashed
- 8 servings kale leaves for plating

- 24 ounce beer light (not)
- 6 potatoes red cut into 2-inch dice
- 2 large shallots peeled halved
- 0.5 cup irish whiskey

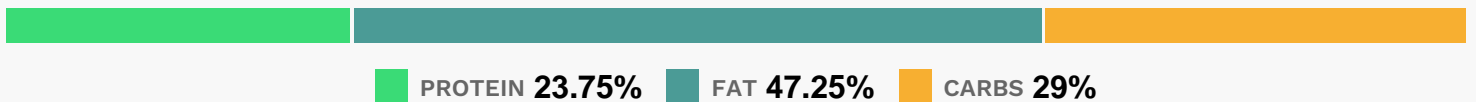
Equipment

- oven
- roasting pan

Directions

- Preheat the oven to 250 degrees F.
- Put the corned beef into a large roasting pan (preferably with a lid).
- Add the garlic, shallots, pickling spice, caraway seeds, beer and whiskey. Cover and place in the oven. Braise 3 hours, turning the meat once. At the end of the 3 hours, add the carrots, potatoes and dill. Cover again and place back in the oven for an additional 2 hours.
- Remove from the oven. Line a platter with kale leaves, place the corned beef in the center and mound the carrots and potatoes around it.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.73, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:32.104348079018%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 547.5kcal (27.38%), Fat: 25.94g (39.91%), Saturated Fat: 8.18g (51.13%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 29.79g (10.83%), Sugar: 4.99g (5.54%), Cholesterol: 91.85mg (30.62%), Sodium: 2136.41mg (92.89%), Alcohol: 7.95g (100%), Alcohol %: 2.06% (100%), Protein: 29.33g (58.67%), Vitamin A: 7826.88IU (156.54%), Vitamin C: 64.54mg (78.23%), Vitamin B12: 3.04µg (50.75%), Selenium: 34.03µg (48.61%), Vitamin B6: 0.94mg (46.96%), Vitamin B3: 9.08mg (45.38%), Potassium: 1480.9mg (42.31%), Zinc: 5.67mg (37.8%), Vitamin K: 37.63µg (35.84%), Phosphorus: 338.09mg (33.81%), Iron: 5.77mg (32.06%), Manganese: 0.57mg (28.66%), Fiber: 6.03g (24.13%), Copper: 0.47mg (23.38%), Vitamin B2: 0.38mg (22.59%), Magnesium: 82.04mg (20.51%), Vitamin B1: 0.25mg (16.97%), Vitamin B5: 1.63mg (16.28%), Folate: 62.81µg (15.7%), Calcium: 116.64mg (11.66%), Vitamin E: 1.02mg (6.77%)