



HEALTH SCORE

81%

Campbell's Corned Beef and Cabbage



Dairy Free



Very Healthy

READY IN



200 min.

SERVINGS



12

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 pound brisket boneless with spice packet



3 cups beef stock unsalted 50% swanson®



24 fluid ounce beer lager-style



3 medium carrots peeled cut into 3-inch-long pieces



1 coffee filter



2 pound cabbage green cut into wedges



2 large onions peeled cut in half



6 small potatoes red unpeeled

☐ 12 servings kitchen string

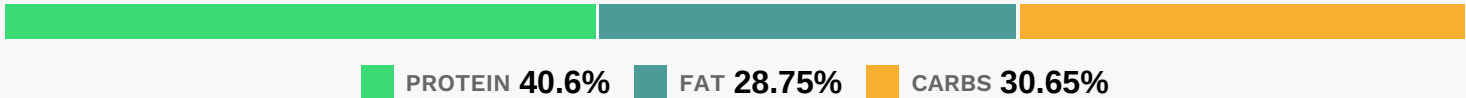
Equipment

☐ pot

Directions

- ☐ Pour the contents of the spice packet into the coffee filter. Tie with the string to make a bundle.
- ☐ Place the beef into a 6-quart sauce pot.
- ☐ Pour in the beer and broth.
- ☐ Add spice bundle.
- ☐ Heat over medium-high heat to a boil. Reduce the heat to low. Cover and cook for 2 hours and 15 minutes.
- ☐ Add the onions, potatoes and carrots to the sauce pot. Cover and and cook for 30 minutes.
- ☐ Add the cabbage. Cover and cook for 15 minutes or until the beef and vegetables are fork-tender.
- ☐ Remove and discard the spice bundle.

Nutrition Facts



Properties

Glycemic Index:17.03, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:31.124782624452%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 375.24kcal (18.76%), Fat: 11.52g (17.72%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 27.63g (9.21%), Net Carbohydrates: 21.96g (7.98%), Sugar: 7.09g (7.88%), Cholesterol: 93.74mg (31.25%), Sodium: 275.54mg (11.98%), Alcohol: 2.31g (100%), Alcohol %: 0.56% (100%), Protein: 36.6g (73.2%), Vitamin K: 87.65µg (83.47%), Vitamin B12: 3.69µg (61.43%), Vitamin A: 3007.7IU (60.15%), Vitamin C: 44.44mg (53.87%), Vitamin B6: 1.03mg (51.45%), Zinc: 7.15mg (47.67%), Phosphorus: 417.18mg (41.72%), Vitamin B3: 8mg (39.98%), Potassium: 1351.58mg (38.62%), Selenium: 26.27µg (37.53%), Iron: 4.56mg (25.31%), Vitamin B2: 0.4mg (23.6%), Fiber: 5.67g (22.69%), Vitamin B1: 0.34mg (22.39%), Manganese: 0.44mg (21.98%), Folate: 87.74µg (21.93%), Magnesium: 84.18mg (21.04%), Copper: 0.31mg (15.34%), Vitamin B5: 1.15mg (11.47%), Calcium: 79.8mg (7.98%), Vitamin E: 0.94mg (6.25%)