



Carolyn's Corned Beef and Cabbage

 Gluten Free  Dairy Free  Low Fod Map

READY IN



210 min.

SERVINGS



8

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 lb cabbage coarsely chopped
- 3 lb corned beef brisket with spice packet
- 8 servings creamy lemon horseradish sauce

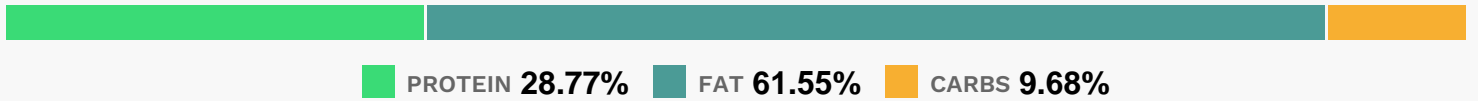
Equipment

- dutch oven

Directions

- Place corned beef, fat side up, and contents of spice packet in a large Dutch oven; cover with water, and bring to a boil over medium-high heat. Cover, reduce heat, and simmer 2 hours and 45 minutes or until fork-tender.
- Skim and remove fat from surface; add cabbage, and return to a boil over medium-high heat. Reduce heat, and simmer 15 more minutes or just until cabbage is tender.
- Serve with Creamy Lemon Horseradish Sauce.
- Corned Beef, Cabbage, Potatoes, and Carrots: Simmer corned beef as directed in Step Skim fat, and add 1 lb. small red potatoes, halved, and 8 oz. baby carrots. Bring to a boil over medium-high heat; reduce heat, and simmer 10 minutes.
- Add 1 lb. cabbage, coarsely chopped, and simmer 15 more minutes or until vegetables are tender. Prep: 20 min.; Cook: 3 hr., 30 min.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:2.2, Inflammation Score:-6, Nutrition Score:25.433913090955%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 374.63kcal (18.73%), Fat: 25.52g (39.26%), Saturated Fat: 8.1g (50.61%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 5.32g (1.93%), Sugar: 4.94g (5.48%), Cholesterol: 91.85mg (30.62%), Sodium: 2116.6mg (92.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.69%), Vitamin C: 99.05mg (120.06%), Vitamin K: 107.79µg (102.66%), Vitamin B12: 3.03µg (50.46%), Selenium: 32.88µg (46.98%), Zinc: 5.14mg (34.3%), Vitamin B6: 0.67mg (33.63%), Vitamin B3: 6.58mg (32.88%), Phosphorus: 237.42mg (23.74%), Potassium: 758.46mg (21.67%), Iron: 3.56mg (19.79%), Vitamin B2: 0.32mg (19.11%), Folate: 72.31µg (18.08%), Fiber: 3.71g (14.83%), Manganese: 0.27mg (13.36%), Vitamin B5: 1.27mg (12.75%), Copper: 0.22mg (10.85%), Vitamin B1: 0.16mg (10.67%), Magnesium: 42.17mg (10.54%), Calcium: 71.41mg (7.14%), Vitamin A: 139.01IU (2.78%), Vitamin E: 0.21mg (1.42%)