



## Corned Beef and Cabbage

 **Gluten Free**  **Dairy Free**

READY IN



245 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 lb corned beef brisket
- 1 medium onion cut into 6 wedges
- 1 clove garlic finely chopped
- 1 small head cabbage green cut into 6 wedges

### Equipment

- dutch oven

## Directions

- Remove beef from package, reserving juices and spices. Trim fat from beef; place beef in 4-quart Dutch oven.
- Add reserved juices and spices.
- Add enough cold water just to cover beef.
- Add onion and garlic.
- Heat to boiling; reduce heat to low. Cover; simmer 2 hours 30 minutes to 3 hours 30 minutes or until beef is tender.
- Remove beef to warm platter; keep warm. Skim fat from broth.
- Add cabbage to broth.
- Heat to boiling; reduce heat. Simmer uncovered about 15 minutes or until cabbage is tender.
- Serve with beef.

## Nutrition Facts



## Properties

Glycemic Index:16.83, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:25.816956478616%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 412.04kcal (20.6%), Fat: 28.3g (43.54%), Saturated Fat: 8.99g (56.18%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 5.75g (2.09%), Sugar: 4.59g (5.1%), Cholesterol: 102.06mg (34.02%), Sodium: 2322.33mg (100.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.5g (59%), Vitamin C: 96.1mg (116.48%), Vitamin K: 90.52µg (86.21%), Vitamin B12: 3.36µg (56.07%), Selenium: 36.43µg (52.04%), Zinc: 5.64mg (37.58%), Vitamin B6: 0.72mg (36.19%), Vitamin B3: 7.22mg (36.1%), Phosphorus: 258.15mg (25.81%), Potassium: 792.39mg (22.64%), Iron: 3.8mg (21.1%), Vitamin B2: 0.35mg (20.58%), Folate: 64.12µg (16.03%), Vitamin B5: 1.36mg (13.55%), Fiber: 3.3g

(13.19%), Manganese: 0.26mg (13.01%), Copper: 0.24mg (11.96%), Vitamin B1: 0.16mg (10.89%), Magnesium: 42.7mg (10.67%), Calcium: 65.95mg (6.6%), Vitamin A: 117.03IU (2.34%), Vitamin E: 0.18mg (1.22%)