



## Corned Beef and Cabbage

 Dairy Free  Very Healthy

READY IN



5 min.

SERVINGS



6

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 24 baby carrots
- ☐ 4 lb corned beef brisket with seasoning packet, rinsed, trimmed
- ☐ 4 garlic clove peeled
- ☐ 1 small onion
- ☐ 1.5 pounds potatoes – remove skin red
- ☐ 6 servings rye flakes
- ☐ 1 small cabbage white cut into 8 wedges

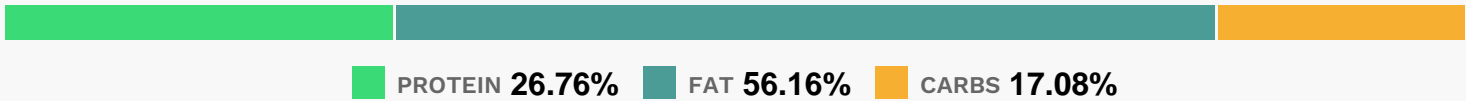
## Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ slow cooker
- ☐ cutting board

## Directions

- ☐ Arrange potatoes and garlic on bottom of slow cooker.
- ☐ Place corned beef on top of vegetables and sprinkle with seasoning from packet. Push cloves into onion and add to cooker.
- ☐ Add enough water to just cover meat; cover and cook on low until tender, 6 hours and 30 minutes to 8 hours.
- ☐ Transfer meat to cutting board and cover with foil to keep warm.
- ☐ Transfer potatoes to bowl and cover with foil to keep warm.
- ☐ Add carrots and cabbage to cooker, turn to high, cover and cook until just tender, about 30 minutes.Slice beef across grain and serve with potatoes, carrots and cabbage.

## Nutrition Facts



## Properties

Glycemic Index:16.83, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:44.319565094036%

## 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: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

## Nutrients (% of daily need)

Calories: 732.76kcal (36.64%), Fat: 45.44g (69.9%), Saturated Fat: 14.4g (90.01%), Carbohydrates: 31.09g (10.36%), Net Carbohydrates: 24.56g (8.93%), Sugar: 7.7g (8.56%), Cholesterol: 163.29mg (54.43%), Sodium: 3753.99mg (163.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.71g (97.42%), Vitamin C: 137.48mg (166.64%), Vitamin A: 5641.08IU (112.82%), Vitamin K: 97.63µg (92.98%), Vitamin B12: 5.38µg (89.71%), Selenium: 59.59µg

(85.13%), Vitamin B6: 1.3mg (65.1%), Vitamin B3: 12.95mg (64.77%), Zinc: 9.37mg (62.49%), Potassium: 1743.53mg (49.82%), Phosphorus: 477.88mg (47.79%), Iron: 6.98mg (38.76%), Vitamin B2: 0.58mg (34.13%), Manganese: 0.59mg (29.33%), Copper: 0.56mg (28.24%), Fiber: 6.53g (26.12%), Folate: 99.93µg (24.98%), Vitamin B5: 2.49mg (24.94%), Magnesium: 89.71mg (22.43%), Vitamin B1: 0.32mg (21.26%), Calcium: 99.77mg (9.98%), Vitamin E: 0.21mg (1.39%)