



Corned Beef and Cabbage



Gluten Free



Dairy Free



Very Healthy

READY IN



425 min.

SERVINGS



6

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 baby carrots
- ☐ 4 lb corned beef brisket with seasoning packet, rinsed, trimmed
- ☐ 4 garlic cloves peeled
- ☐ 1 small onion
- ☐ 1.5 pounds potatoes red
- ☐ 1 small cabbage white cut into 8 wedges

Equipment

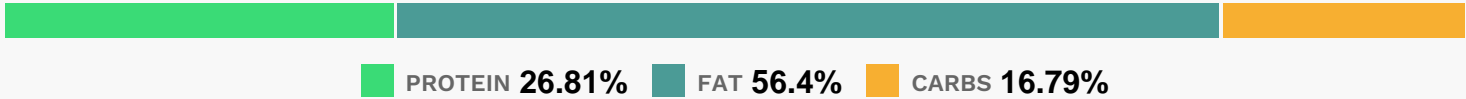
- ☐ bowl

- ☐ 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:43.937391156736%

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: 729.52kcal (36.48%), Fat: 45.41g (69.86%), Saturated Fat: 14.4g (90%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 24.1g (8.76%), Sugar: 7.69g (8.54%), Cholesterol: 163.29mg (54.43%), Sodium: 3753.98mg (163.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.57g (97.14%), Vitamin C: 137.48mg (166.64%), Vitamin A: 5640.97IU (112.82%), Vitamin K: 97.57µg (92.92%), Vitamin B12: 5.38µg (89.71%), Selenium: 59.08µg

(84.4%), Vitamin B6: 1.3mg (64.9%), Vitamin B3: 12.9mg (64.49%), Zinc: 9.32mg (62.12%), Potassium: 1736.23mg (49.61%), Phosphorus: 471.56mg (47.16%), Iron: 6.91mg (38.4%), Vitamin B2: 0.58mg (33.96%), Copper: 0.56mg (27.89%), Manganese: 0.52mg (25.98%), Fiber: 6.3g (25.21%), Folate: 99.78µg (24.94%), Vitamin B5: 2.48mg (24.79%), Magnesium: 87.23mg (21.81%), Vitamin B1: 0.32mg (21.06%), Calcium: 99.21mg (9.92%), Vitamin E: 0.19mg (1.29%)