



HEALTH SCORE

60%

Corned Beef and Cabbage



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



821 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons pickling spice
- ☐ 1 head cabbage cut into 6 wedges
- ☐ 4 pound corned beef brisket
- ☐ 2 tablespoons horseradish prepared
- ☐ 2 pounds potatoes red
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 2 cups water

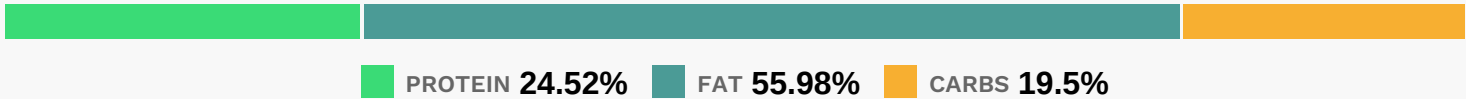
Equipment

☐ pressure cooker

Directions

- ☐ Combine first 3 ingredients in a 6-quart pressure cooker.
- ☐ Cover with lid, and seal securely; place pressure control over vent tube. Cook over high heat until pressure control rocks back and forth quickly. Reduce heat until pressure control rocks occasionally; cook 50 minutes.
- ☐ Remove from heat, run cold water over cooker to reduce pressure. Carefully remove lid.
- ☐ Remove corned beef; keep warm.
- ☐ Add potatoes and cabbage to cooker. Cook as previously directed 5 minutes. Arrange potatoes and cabbage around corned beef.
- ☐ Combine sour cream and horseradish; serve with corned beef, potatoes, and cabbage.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:45.876521691032%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 821.33kcal (41.07%), Fat: 51.35g (79%), Saturated Fat: 17.43g (108.94%), Carbohydrates: 40.23g (13.41%), Net Carbohydrates: 30.57g (11.12%), Sugar: 8.48g (9.42%), Cholesterol: 180.26mg (60.09%), Sodium: 3770.31mg (163.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.61g (101.22%), Vitamin C: 151.71mg (183.89%), Vitamin K: 165.86µg (157.96%), Vitamin B12: 5.44µg (90.72%), Selenium: 60.2µg (86%), Vitamin B6: 1.41mg (70.71%), Vitamin B3: 13.55mg (67.74%), Zinc: 9.73mg (64.89%), Potassium: 1984.72mg (56.71%), Iron: 9.69mg (53.82%), Phosphorus: 519.72mg (51.97%), Manganese: 0.89mg (44.71%), Vitamin B2: 0.67mg (39.45%), Fiber: 9.66g (38.64%), Folate: 129.51µg (32.38%), Copper: 0.63mg (31.57%), Magnesium: 118.73mg (29.68%), Vitamin B5: 2.64mg (26.36%), Calcium: 249.1mg (24.91%), Vitamin B1: 0.36mg (24.27%), Vitamin E: 1.7mg (11.35%), Vitamin A: 463.86IU (9.28%)