



## Corned Beef and Cabbage Dinner

READY IN



45 min.

SERVINGS



8

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 teaspoons pickling spice
- ☐ 0.1 teaspoon pepper black
- ☐ 2 teaspoons butter
- ☐ 1 tablespoon caraway seeds
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 4 pound cured corned beef brisket trimmed
- ☐ 3 tablespoons dijon mustard
- ☐ 0.5 cup breadcrumbs dry

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 garlic cloves peeled
- ☐ 2.5 pound cabbage green cored cut into 1-inch strips
- ☐ 5 ounce horseradish dry prepared drained
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 cups onion chopped
- ☐ 4 pounds potatoes red quartered
- ☐ 16 cups water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ roasting pan
- ☐ broiler
- ☐ dutch oven
- ☐ colander
- ☐ broiler pan

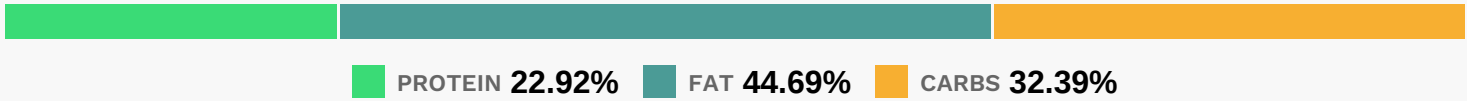
## Directions

- ☐ Place brisket in a large stockpot; add water and next 5 ingredients (water through garlic). Bring to a boil. Cover, reduce heat, and simmer 3 hours.
- ☐ Remove brisket from pot.
- ☐ Place brisket on the rack of a broiler pan or roasting pan coated with cooking spray; place rack in pan. Strain cooking liquid through a colander into 2 large bowls; discard solids. Return liquid to pot.
- ☐ Add caraway seeds and cabbage; bring to a boil. Reduce heat; simmer 20 minutes.
- ☐ Drain.

- ☐
- While cabbage is cooking, place potatoes in a large Dutch oven. Cover with water. Bring to a boil; cook 20 minutes or until tender.

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Nutrition Facts



Properties

Glycemic Index:45.73, Glycemic Load:4.09, Inflammation Score:-10, Nutrition Score:45.063478469849%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.63mg, Apigenin: 2.63mg, Apigenin: 2.63mg, Apigenin: 2.63mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 10.1mg, Quercetin: 10.1mg, Quercetin: 10.1mg, Quercetin: 10.1mg

Nutrients (% of daily need)

Calories: 722.71kcal (36.14%), Fat: 36.2g (55.7%), Saturated Fat: 11.66g (72.87%), Carbohydrates: 59.04g (19.68%), Net Carbohydrates: 48.38g (17.59%), Sugar: 12.11g (13.46%), Cholesterol: 125.16mg (41.72%), Sodium: 3067.74mg (133.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.78g (83.56%), Vitamin C: 144.34mg (174.95%), Vitamin K: 143.34µg (136.51%), Selenium: 49.34µg (70.48%), Vitamin B12: 4.06µg (67.71%), Vitamin B6: 1.35mg (67.61%), Potassium: 2188.79mg (62.54%), Vitamin B3: 12.13mg (60.63%), Vitamin A: 3024.1IU (60.48%), Zinc: 8.01mg (53.41%), Phosphorus: 491.93mg (49.19%), Manganese: 0.87mg (43.38%), Fiber: 10.66g (42.63%), Iron: 7.35mg (40.85%), Folate: 150.19µg (37.55%), Copper: 0.73mg (36.67%), Vitamin B2: 0.56mg (32.74%), Vitamin B1: 0.48mg (32.33%), Magnesium: 126.52mg (31.63%), Vitamin B5: 2.44mg (24.45%), Calcium: 179.32mg (17.93%), Vitamin E: 0.64mg (4.25%)