



## Corned Beef and Cabbage II

 **Gluten Free**  **Popular**

READY IN



200 min.

SERVINGS



8

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 5 peppercorns black
- 2 tablespoons butter
- 1 small head cabbage cored cut into wedges
- 4 large carrots peeled sliced
- 4.5 pounds corned beef brisket
- 0.3 cup parsley fresh chopped
- 0.5 teaspoon garlic powder

- 1 onion whole peeled
- 6 large potatoes quartered
- 1 pinch salt

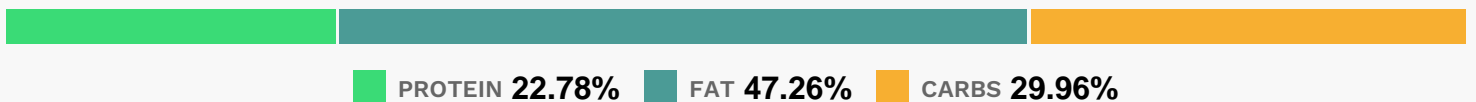
## Equipment

- bowl
- frying pan
- pot
- dutch oven

## Directions

- In a 6 quart Dutch oven,
- Place the beef brisket, peppercorns, garlic powder, onion, bay leaves and salt. Fill pan with water to cover everything plus one inch. Bring to a boil and cook for 20 minutes. Skim off any residue that floats to the top. Reduce heat to a simmer and cook for 2 to 3 hours, until meat can be pulled apart with a fork.
- Once the meat is done, add the cabbage, potatoes and carrots, pressing them down into the liquid. Simmer for an additional 15 minutes or until the potatoes are tender. Skim off any oil that comes to the surface. Stir in the butter and parsley.
- Remove the pot from the heat.
- Remove meat from the pot and place onto a serving dish and let rest for 15 minutes. Also remove vegetables to a bowl and keep warm. Slice meat on the diagonal against the grain.
- Serve meat on a platter and spoon juices over meat and vegetables.

## Nutrition Facts



## Properties

Glycemic Index:40.07, Glycemic Load:38.15, Inflammation Score:-10, Nutrition Score:46.461304125579%

## Flavonoids

Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

## Nutrients (% of daily need)

Calories: 787.48kcal (39.37%), Fat: 41.31g (63.56%), Saturated Fat: 13.99g (87.45%), Carbohydrates: 58.93g (19.64%), Net Carbohydrates: 49.27g (17.92%), Sugar: 7.33g (8.14%), Cholesterol: 145.3mg (48.43%), Sodium: 3191.71mg (138.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.8g (89.6%), Vitamin C: 161.72mg (196.03%), Vitamin A: 6354.74IU (127.09%), Vitamin K: 108.99µg (103.8%), Vitamin B6: 1.74mg (86.93%), Vitamin B12: 4.55µg (75.79%), Selenium: 49.77µg (71.09%), Vitamin B3: 12.86mg (64.31%), Potassium: 2224.33mg (63.55%), Zinc: 8.38mg (55.83%), Phosphorus: 498.89mg (49.89%), Iron: 7.17mg (39.84%), Fiber: 9.66g (38.65%), Manganese: 0.7mg (35.07%), Vitamin B2: 0.55mg (32.53%), Copper: 0.62mg (31.14%), Magnesium: 117.07mg (29.27%), Vitamin B1: 0.42mg (27.89%), Folate: 107.97µg (26.99%), Vitamin B5: 2.59mg (25.92%), Calcium: 105.88mg (10.59%), Vitamin E: 0.5mg (3.33%)