



Corned Beef and Cabbage II

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons pickling spice
- ☐ 1 large head cabbage cored sliced
- ☐ 2 stalks celery sliced
- ☐ 5.5 pound corned beef brisket
- ☐ 6 tablespoons butter divided
- ☐ 1 large onion sliced
- ☐ 1 large cranberry-orange relish sliced in rounds
- ☐ 1 cup golden delicious apples with peel cored quartered

☐ 0.3 cup water cold

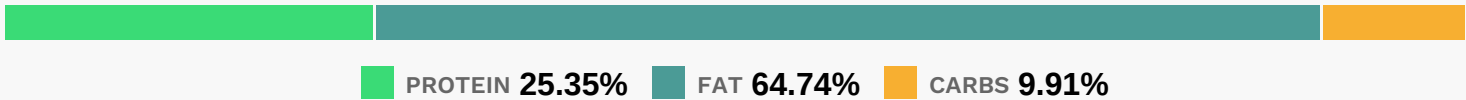
Equipment

- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 300 degrees F (150 degrees C). Line a 9x13 inch roasting pan with aluminum foil, leaving enough extra extending over the sides to cover and seal in the roast.
- ☐ Rinse the brisket, and pat dry. Rub with pickling spice, and place in the prepared roasting pan. Arrange celery, orange and onion slices on and around the roast.
- ☐ Pour in 1/2 cup of water, and wrap aluminum foil up over the roast tightly, making sure the ends are sealed.
- ☐ Bake for about 4 hours in the preheated oven, or until meat is tender.
- ☐ About 45 minutes before the roasts time is up, heat 3 tablespoons of margarine and 1/4 cup of water in a large pot.
- ☐ Add cabbage and apples, cover, and simmer over low heat for about 30 minutes. Occasionally shake the pot so that nothing sticks to the bottom.
- ☐ Serve with remaining margarine and sliced corned beef.

Nutrition Facts



Properties

Glycemic Index:22.81, Glycemic Load:4.23, Inflammation Score:-8, Nutrition Score:40.029130728348%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Hesperetin: 6.27mg, Hesperetin: 6.27mg, Hesperetin: 6.27mg, Hesperetin: 6.27mg Naringenin: 3.52mg, Naringenin: 3.52mg, Naringenin: 3.52mg, Naringenin: 3.52mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 769.58kcal (38.48%), Fat: 55.32g (85.11%), Saturated Fat: 16.63g (103.96%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 12.17g (4.42%), Sugar: 9.85g (10.94%), Cholesterol: 168.4mg (56.13%), Sodium: 3932.45mg (170.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.73g (97.47%), Vitamin C: 156.05mg (189.15%), Vitamin K: 144.89µg (137.99%), Vitamin B12: 5.56µg (92.69%), Selenium: 60.13µg (85.91%), Zinc: 9.34mg (62.24%), Vitamin B3: 12.09mg (60.43%), Vitamin B6: 1.19mg (59.37%), Phosphorus: 426.08mg (42.61%), Iron: 7.46mg (41.47%), Potassium: 1354.09mg (38.69%), Vitamin B2: 0.6mg (35.26%), Fiber: 6.88g (27.51%), Manganese: 0.54mg (27.11%), Folate: 106.07µg (26.52%), Vitamin B5: 2.27mg (22.66%), Copper: 0.42mg (21.13%), Magnesium: 78.8mg (19.7%), Vitamin B1: 0.27mg (18.02%), Calcium: 165.09mg (16.51%), Vitamin A: 696.81IU (13.94%), Vitamin E: 1.33mg (8.9%)