



Corned Beef and Cabbage Soup

READY IN



40 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 medium carrots quartered
- 3 stalks celery quartered
- 0.3 pound corned beef ribs cut into thin strips (use leftovers or deli meat)
- 4 cups cabbage green chopped ()
- 0.3 teaspoon ground allspice
- 4 servings kosher salt and pepper freshly ground
- 3 cups beef broth low-sodium
- 1 medium onion quartered
- 1 pound plum tomatoes halved

- 0.8 cup quick-cooking barley
- 3 tablespoons butter unsalted
- 0.5 pound yukon gold potatoes chopped

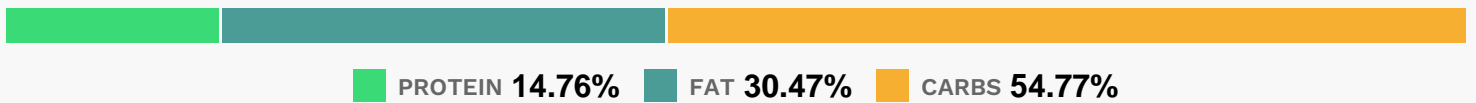
Equipment

- food processor
- pot

Directions

- Pulse the onion, celery and carrots in a food processor until they are pea-size pieces. Melt the butter in a large pot over medium-high heat.
- Add the chopped onion, celery and carrots and the allspice and cook, stirring occasionally, until the vegetables are slightly softened, about 5 minutes.
- Add the tomatoes to the food processor and pulse until finely chopped.
- Transfer the tomatoes to the pot and add the beef broth, cabbage, potatoes, barley and 4 cups water; cover and bring to a boil. Uncover, reduce the heat to medium low and simmer until the potatoes and barley are tender, about 20 minutes. Stir in the corned beef and season with salt and pepper.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:71.65, Glycemic Load:11.59, Inflammation Score:-10, Nutrition Score:28.805652027545%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 390.52kcal (19.53%), Fat: 13.72g (21.11%), Saturated Fat: 6.94g (43.36%), Carbohydrates: 55.5g (18.5%), Net Carbohydrates: 43.04g (15.65%), Sugar: 9.71g (10.79%), Cholesterol: 37.88mg (12.63%), Sodium: 951.76mg (41.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.91%), Vitamin A: 9063.9IU (181.28%), Vitamin C: 65.69mg (79.63%), Vitamin K: 79.73µg (75.94%), Fiber: 12.46g (49.85%), Manganese: 0.97mg (48.29%), Potassium: 1444.07mg (41.26%), Vitamin B6: 0.64mg (32.17%), Selenium: 20.32µg (29.02%), Vitamin B3: 4.78mg (23.92%), Folate: 91.3µg (22.83%), Phosphorus: 227.63mg (22.76%), Magnesium: 79.43mg (19.86%), Copper: 0.37mg (18.72%), Vitamin B1: 0.26mg (17.58%), Iron: 2.76mg (15.34%), Zinc: 2.3mg (15.31%), Vitamin B2: 0.21mg (12.33%), Calcium: 95.89mg (9.59%), Vitamin B5: 0.93mg (9.29%), Vitamin E: 1.36mg (9.08%), Vitamin B12: 0.52µg (8.71%), Vitamin D: 0.16µg (1.05%)