



 **53%**
HEALTH SCORE

Corned Beef and Cabbage with Herb Buttered Potatoes

 **Gluten Free**

READY IN



490 min.

SERVINGS



4

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups apple juice
- 1.5 pounds baby potatoes red sliced in 1/2
- 0.5 stick butter softened
- 2 carrots cut into 2-inch pieces
- 3 pounds corned beef brisket with spice packet
- 2 tablespoons parsley leaves fresh chopped
- 1 tablespoon garlic chopped

- 1 small head cabbage green cored roughly chopped
- 2 medium onions chopped
- 4 servings salt and pepper black freshly ground
- 1 cup water

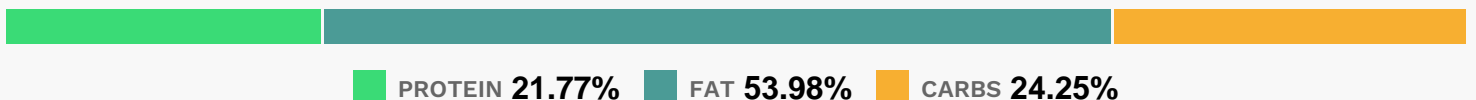
Equipment

- bowl
- pot
- slow cooker

Directions

- Watch how to make this recipe.
- Put the carrots and onions on the bottom of slow cooker, and put the corned beef on top. Arrange the chopped cabbage around the beef.
- Add the apple juice and 1 cup of water along with the contents of the spice packet. Cook on low 6 to 8 hours until the beef is tender.
- Remove the beef and vegetables to a platter and keep warm.
- Bring a large pot of salted water to a boil and add the potatoes. Cook until the potatoes are tender, about 12 to 15 minutes.
- Drain and return them to the pot.
- Add the butter, garlic, parsley, and salt, and pepper, to taste. Gently combine so that all the potatoes are evenly coated.
- Transfer to a serving bowl and serve with corn beef and vegetables from the slow cooker.

Nutrition Facts



Properties

Glycemic Index:96.58, Glycemic Load:32.28, Inflammation Score:-10, Nutrition Score:53.029999815899%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Apigenin: 4.46mg, Apigenin: 4.46mg, Apigenin: 4.46mg, Apigenin: 4.46mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 13.68mg, Quercetin: 13.68mg, Quercetin: 13.68mg, Quercetin: 13.68mg

Nutrients (% of daily need)

Calories: 1045.96kcal (52.3%), Fat: 62.79g (96.61%), Saturated Fat: 23.52g (147.01%), Carbohydrates: 63.48g (21.16%), Net Carbohydrates: 53.1g (19.31%), Sugar: 22.79g (25.32%), Cholesterol: 214.07mg (71.36%), Sodium: 4305.97mg (187.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.99g (113.98%), Vitamin C: 200.96mg (243.59%), Vitamin K: 177.12µg (168.69%), Vitamin A: 5798.19IU (115.96%), Vitamin B12: 6.08µg (101.32%), Selenium: 66.54µg (95.06%), Vitamin B6: 1.87mg (93.37%), Vitamin B3: 15.16mg (75.82%), Zinc: 10.77mg (71.77%), Potassium: 2356.9mg (67.34%), Phosphorus: 584.47mg (58.45%), Iron: 8.44mg (46.9%), Manganese: 0.87mg (43.48%), Vitamin B2: 0.72mg (42.51%), Fiber: 10.37g (41.5%), Folate: 140.77µg (35.19%), Copper: 0.66mg (33.08%), Magnesium: 126.07mg (31.52%), Vitamin B1: 0.47mg (31.28%), Vitamin B5: 3.07mg (30.7%), Calcium: 160.25mg (16.02%), Vitamin E: 0.85mg (5.7%)