



Corned Beef And Cabbage With Irish Mustard Sauce

 Gluten Free

READY IN



270 min.

SERVINGS



6

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 1 tbsp butter melted
- 2 lb cabbage cut into wedges
- 1 large carrots sliced
- 0.3 c apple cider vinegar ()
- 4 lb corned beef brisket
- 1 tbsp cornstarch

- 1 tsp ground mustard dry
- 2 egg yolk beaten
- 1 bunch parsley fresh
- 1 tsp horseradish
- 2 lbs baby potatoes peeled
- 3 medium onion
- 0.3 teaspoon pepper
- 0.5 tsp salt
- 2 tsp sugar
- 1 c water

Equipment

- sauce pan
- dutch oven

Directions

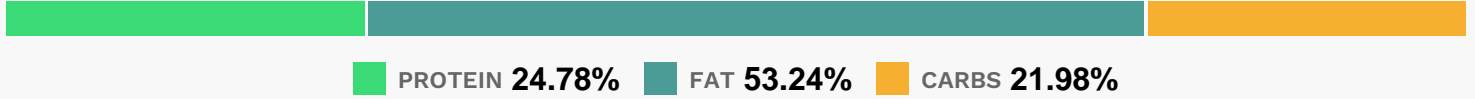
- Combine corned beef and water to cover in a large Dutch oven; bring to a boil then remove from heat.
- Drain.
- Add fresh water to cover.
- Add onion, carrot, parsley, bay leaf, and pepper. Bring to a boil once again, then reduce to a low simmer. Skim off foam, if necessary. Cover and simmer 4 hours or until tender.
- Remove onion and parsley.
- Add potatoes to Dutch oven. Simmer 10 minutes.
- Add cabbage wedges, and simmer 20 minutes or until vegetables are tender.
- Remove and discard bay leaf. To make the Irish Mustard Sauce, combine cornstarch, sugar, dry mustard and salt in a medium saucepan; stir well.
- Add water and cook over low heat, stirring constantly, until thickened.
- Remove from heat. Stir in vinegar, butter and horseradish. Gradually stir about 1/4 of hot mixture into yolks; add to remaining hot mixture, stirring constantly. Cook over low heat,

stirring constantly, until thickened.

Transfer corned beef and vegetables to a serving platter.

Serve with Irish Mustard Sauce.

Nutrition Facts



Properties

Glycemic Index:76.78, Glycemic Load:24.19, Inflammation Score:-10, Nutrition Score:47.201304347826%

Flavonoids

Apigenin: 20.6mg, Apigenin: 20.6mg, Apigenin: 20.6mg, Apigenin: 20.6mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 12.7mg, Quercetin: 12.7mg, Quercetin: 12.7mg, Quercetin: 12.7mg

Nutrients (% of daily need)

Calories: 834.51kcal (41.73%), Fat: 49.15g (75.61%), Saturated Fat: 16.23g (101.45%), Carbohydrates: 45.67g (15.22%), Net Carbohydrates: 36.87g (13.41%), Sugar: 10.56g (11.73%), Cholesterol: 233.18mg (77.73%), Sodium: 3950.29mg (171.75%), Protein: 51.46g (102.93%), Vitamin K: 275.76µg (262.63%), Vitamin C: 184.42mg (223.54%), Vitamin B12: 5.5µg (91.73%), Selenium: 62.82µg (89.74%), Vitamin B6: 1.63mg (81.26%), Vitamin B3: 13.34mg (66.72%), Zinc: 9.73mg (64.87%), Vitamin A: 3104.57IU (62.09%), Potassium: 1983.21mg (56.66%), Phosphorus: 533.06mg (53.31%), Iron: 7.98mg (44.35%), Vitamin B2: 0.65mg (38.16%), Folate: 141.39µg (35.35%), Fiber: 8.8g (35.19%), Manganese: 0.69mg (34.38%), Copper: 0.58mg (29.11%), Vitamin B5: 2.82mg (28.17%), Magnesium: 109.85mg (27.46%), Vitamin B1: 0.4mg (26.54%), Calcium: 141.72mg (14.17%), Vitamin E: 0.63mg (4.21%), Vitamin D: 0.32µg (2.16%)