



Corned Beef and Carrots with Marmalade-Whiskey Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



6

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 carrots peeled halved lengthwise
- ☐ 2 pound corned beef ribs lean fully cooked
- ☐ 1 tablespoon dijon mustard plus more for serving
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 cup orange marmalade sweet
- ☐ 6 servings parsley sprigs fresh
- ☐ 0.5 cup irish whiskey

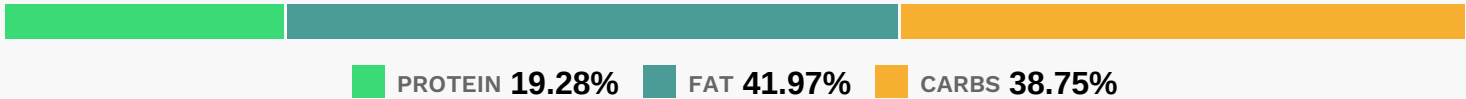
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 425°F. Coat large rimmed baking sheet with nonstick spray. Boil next 3 ingredients in saucepan until reduced to generous 3/4 cup, stirring often, about 7 minutes.
- ☐ Mix in 1 tablespoon mustard.
- ☐ Generously brush corned beef all over with glaze; place in center of prepared sheet. Toss carrots and 1/4 cup glaze in large bowl to coat; place around beef.
- ☐ Sprinkle carrots with salt and pepper. Roast until carrots are tender and beef is golden, brushing occasionally with more glaze, about 35 minutes.
- ☐ Transfer to platter, garnish with parsley, and serve with Dijon mustard.

Nutrition Facts



Properties

Glycemic Index:32.64, Glycemic Load:3.93, Inflammation Score:-10, Nutrition Score:26.713043171427%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 532.94kcal (26.65%), Fat: 22.95g (35.31%), Saturated Fat: 7.21g (45.08%), Carbohydrates: 47.69g (15.9%), Net Carbohydrates: 43.65g (15.87%), Sugar: 37.88g (42.09%), Cholesterol: 81.65mg (27.22%), Sodium: 1983.87mg (86.26%), Alcohol: 7.08g (100%), Alcohol %: 2.54% (100%), Protein: 23.72g (47.44%), Vitamin A: 20753.17IU (415.06%), Vitamin K: 81.74µg (77.85%), Vitamin C: 55.91mg (67.77%), Vitamin B12: 2.69µg (44.86%), Selenium:

30.02µg (42.89%), Vitamin B3: 6.84mg (34.19%), Zinc: 4.69mg (31.25%), Vitamin B6: 0.62mg (31.12%), Potassium: 885.44mg (25.3%), Phosphorus: 227.43mg (22.74%), Vitamin B2: 0.33mg (19.25%), Iron: 3.29mg (18.3%), Fiber: 4.04g (16.15%), Copper: 0.28mg (14.01%), Vitamin B5: 1.23mg (12.26%), Manganese: 0.23mg (11.75%), Vitamin B1: 0.16mg (10.54%), Folate: 41.83µg (10.46%), Magnesium: 40.15mg (10.04%), Calcium: 78.28mg (7.83%), Vitamin E: 0.88mg (5.84%)