



Corned Beef Brisket with Cabbage

 Gluten Free  Dairy Free

READY IN



280 min.

SERVINGS



40

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bay leaves
- 2.5 lb cabbage cut into wedges
- 3 lb corned beef brisket
- 2 cloves garlic minced
- 1 Tbsp horseradish prepared kraft
- 0.5 cup heinz mustard yellow
- 1 small onion chopped
- 1 cup pancake syrup

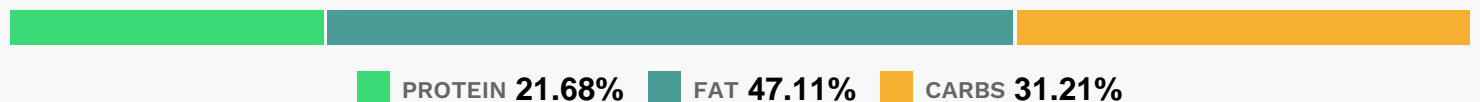
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Place meat in large saucepan; top with onions, garlic and bay leaves.
- Add enough water to cover all ingredients; cover with lid. Bring to boil; simmer on medium-low heat 1 hour.
- Drain, reserving meat in pan.
- Remove and discard bay leaves.
- Add enough fresh water to saucepan to cover meat; cover with lid. Bring to boil; simmer on medium-low heat 2 to 3 hours or until meat is tender.
- Heat oven to 350F.
- Remove meat from pan, reserving liquid in pan; place meat in shallow baking pan.
- Mix syrup, mustard and horseradish; spoon half over meat. Reserve remaining syrup mixture for brushing onto cooked meat.
- Bake 20 min., brushing frequently with remaining syrup mixture. Meanwhile, add cabbage to reserved liquid in saucepan; cook 8 to 10 min. or until tender.
- Place meat on platter; drizzle with pan drippings.
- Serve with cabbage.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:5.6243478293004%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 100.77kcal (5.04%), Fat: 5.33g (8.21%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 7.06g (2.57%), Sugar: 1.06g (1.17%), Cholesterol: 18.69mg (6.23%), Sodium: 462.75mg (20.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.05%), Vitamin C: 19.85mg (24.06%), Vitamin K: 21.61µg (20.58%), Selenium: 7.7µg (11%), Vitamin B12: 0.61µg (10.09%), Zinc: 1.05mg (7.01%), Vitamin B6: 0.14mg (7.01%), Vitamin B3: 1.34mg (6.68%), Phosphorus: 52.18mg (5.22%), Potassium: 158.24mg (4.52%), Iron: 0.77mg (4.3%), Vitamin B2: 0.07mg (4.02%), Manganese: 0.08mg (3.88%), Folate: 14.67µg (3.67%), Fiber: 0.89g (3.56%), Copper: 0.06mg (3.15%), Vitamin B5: 0.27mg (2.69%), Vitamin B1: 0.04mg (2.65%), Magnesium: 10.14mg (2.53%), Calcium: 16.77mg (1.68%)