



Corned Beef, Cabbage, Potatoes, and Carrots



Gluten Free



Dairy Free



Low Fod Map

READY IN



230 min.

SERVINGS



8

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



8 ounces baby carrots



1 pound cabbage coarsely chopped



3 lb corned beef brisket with spice packet



8 servings creamy lemon horseradish sauce



1 pound potatoes red halved

Equipment

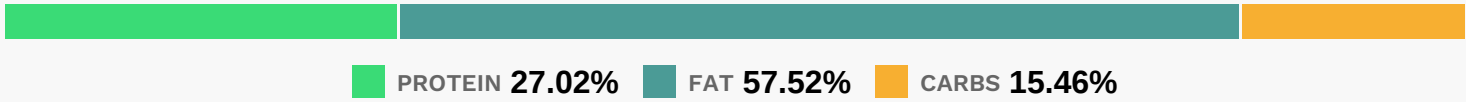


dutch oven

Directions

- ☐ Place corned beef, fat side up, and contents of spice packet in a large Dutch oven; cover with water, and bring to a boil over medium-high heat. Cover, reduce heat, and simmer 2 hours and 45 minutes or until fork-tender.
- ☐ Skim and remove fat from surface.
- ☐ Add red potatoes and baby carrots. Bring to a boil over medium-high heat; reduce heat, and simmer 10 minutes.
- ☐ Add cabbage, and simmer 15 more minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:26.37347795134%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 402.98kcal (20.15%), Fat: 25.55g (39.31%), Saturated Fat: 8.1g (50.6%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 12.07g (4.39%), Sugar: 4.29g (4.77%), Cholesterol: 91.85mg (30.62%), Sodium: 2133.61mg (92.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.01g (54.02%), Vitamin C: 73.54mg (89.13%), Vitamin A: 3969.03IU (79.38%), Vitamin B12: 3.03µg (50.46%), Selenium: 33.17µg (47.38%), Vitamin K: 47.47µg (45.21%), Vitamin B3: 7.19mg (35.93%), Zinc: 5.23mg (34.84%), Vitamin B6: 0.69mg (34.67%), Potassium: 939.05mg (26.83%), Phosphorus: 257.83mg (25.78%), Iron: 3.83mg (21.27%), Vitamin B2: 0.32mg (18.75%), Copper: 0.31mg (15.26%), Vitamin B5: 1.37mg (13.66%), Fiber: 3.37g (13.47%), Folate: 53.6µg (13.4%), Manganese: 0.25mg (12.69%), Magnesium: 47.28mg (11.82%), Vitamin B1: 0.16mg (10.84%), Calcium: 52.13mg (5.21%)