



## Corned Beef Poutine with Guinness Gravy

 Popular

READY IN



50 min.

SERVINGS



2

CALORIES



1468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons bacon grease
- ☐ 1 tablespoon brown sugar
- ☐ 1 cup cheese curds shredded
- ☐ 0.5 cup corned beef ribs diced cooked
- ☐ 2 tablespoons flour
- ☐ 1.5 pound fries french cooked
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons grainy mustard

- ☐ 2 cups guinness
- ☐ 1 onion sliced
- ☐ 2 servings salt and pepper to taste
- ☐ 1 tablespoon worcestershire sauce

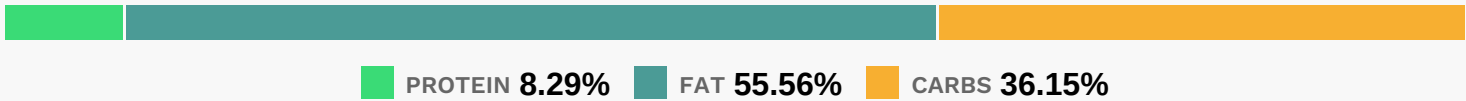
## Equipment

- ☐ frying pan

## Directions

- ☐ Melt the butter in a pan over medium-high heat, add the onions, saute until they start to caramelize, about 30 minutes, adding water or Guinness to the pan as needed to prevent burning.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the butter and cook until bubbling, about 1 minute.
- ☐ Add the flour and cook until it turns golden brown, about 2-4 minutes.
- ☐ Add the Guinness, mustard, Worcestershire sauce, sugar, salt and pepper, reduce the heat and simmer until it thickens, about 7-10 minutes. Top the fries with the cheese curds, corned beef and the Guinness gravy and enjoy.

## Nutrition Facts



## Properties

Glycemic Index:127.67, Glycemic Load:61.97, Inflammation Score:-9, Nutrition Score:30.371739247571%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

## Nutrients (% of daily need)

Calories: 1467.53kcal (73.38%), Fat: 88.85g (136.69%), Saturated Fat: 33.18g (207.36%), Carbohydrates: 130.07g (43.36%), Net Carbohydrates: 112.95g (41.07%), Sugar: 9.44g (10.49%), Cholesterol: 85.06mg (28.35%), Sodium: 2874.84mg (124.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.82g (59.64%), Fiber: 17.12g (68.49%), Phosphorus: 601.66mg (60.17%), Potassium: 1783.1mg (50.95%), Manganese: 1mg (49.88%), Calcium: 472.18mg (47.22%), Vitamin B3: 9.35mg (46.77%), Selenium: 31.3µg (44.72%), Vitamin C: 34.76mg (42.14%), Vitamin B6: 0.83mg (41.7%), Iron: 6.28mg (34.89%), Zinc: 4.29mg (28.63%), Folate: 114.13µg (28.53%), Vitamin B2: 0.47mg (27.85%), Vitamin B1: 0.4mg (26.78%), Magnesium: 96.82mg (24.2%), Vitamin B5: 2.39mg (23.94%), Vitamin B12: 1.1µg (18.36%), Vitamin A: 584.73IU (11.69%), Copper: 0.23mg (11.32%), Vitamin D: 0.69µg (4.59%), Vitamin E: 0.58mg (3.89%), Vitamin K: 1.93µg (1.84%)