



Corned Beef Roast

 **Gluten Free**  **Dairy Free**

READY IN

ready

315 min.

SERVINGS

servings

8

CALORIES

calories

752 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 4 carrots diced peeled
- ☐ 5.5 pound corned beef brisket with spice packet
- ☐ 3 cloves garlic chopped
- ☐ 1 medium onion diced
- ☐ 7 small potatoes diced peeled

Equipment

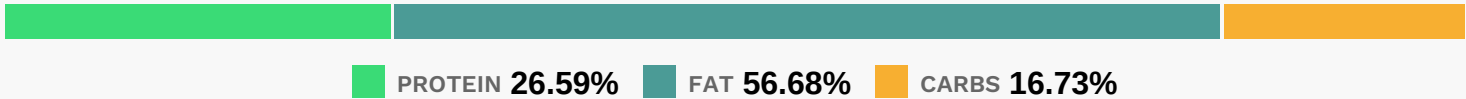
- ☐ frying pan
- ☐ oven

- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 300 degrees F (150 degrees C).
- ☐ Place the brisket in the center of a roasting pan. Arrange the potatoes and carrots around the sides.
- ☐ Place the onion and garlic on top of the roast, and season with salt and pepper. Empty the seasoning packet over the roast, and pour enough water into the pan to almost cover the potatoes. Cover with a lid or heavy aluminum foil.
- ☐ Roast for 5 to 6 hours in the preheated oven, until the roast is so tender it can be flaked apart with a fork.

Nutrition Facts



Properties

Glycemic Index:23.45, Glycemic Load:20.38, Inflammation Score:-10, Nutrition Score:38.823043460431%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 751.67kcal (37.58%), Fat: 46.69g (71.83%), Saturated Fat: 14.81g (92.53%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 26.62g (9.68%), Sugar: 3.2g (3.56%), Cholesterol: 168.4mg (56.13%), Sodium: 3825.86mg (166.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.29g (98.58%), Vitamin C: 116.67mg (141.42%), Vitamin A: 5098.68IU (101.97%), Vitamin B12: 5.55µg (92.51%), Selenium: 59.96µg (85.65%), Vitamin B6: 1.42mg (70.79%), Vitamin B3: 13.31mg (66.52%), Zinc: 9.43mg (62.86%), Potassium: 1674.6mg (47.85%), Phosphorus: 466.03mg (46.6%), Iron: 6.57mg (36.5%), Vitamin B2: 0.56mg (32.93%), Copper: 0.53mg (26.31%), Vitamin B5: 2.32mg (23.25%), Magnesium: 83.19mg (20.8%), Vitamin B1: 0.28mg (18.79%), Manganese: 0.37mg (18.51%), Fiber: 4.38g (17.54%), Folate: 47.83µg (11.96%), Vitamin K: 6.93µg (6.6%), Calcium: 54.94mg (5.49%), Vitamin E: 0.22mg (1.47%)