

health-score100%

HEALTH SCORE

Corned Beef-Stuffed Pumpernickel

Very Healthy

READY IN

ready

20 min.

SERVINGS

servings

1

CALORIES

calories

5224 kcal

Ingredients

- ☐ 12 ounce corned beef ribs canned
- ☐ 16 ounce cream cheese at room temperature
- ☐ 2 tablespoons dill pickle juice to taste
- ☐ 2 small dill pickles finely chopped
- ☐ 1 teaspoon garlic powder to taste
- ☐ 2 tablespoons mayonnaise or as needed
- ☐ 1 small onion finely chopped
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 2 pound un

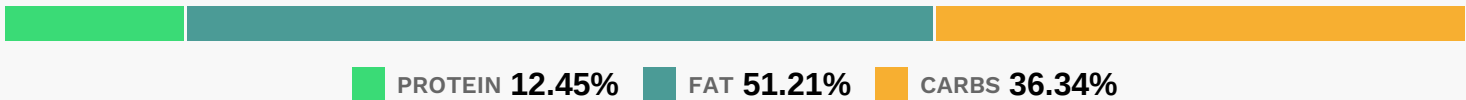
Equipment

☐ bowl

Directions

- ☐ Cut a hole in the top of the pumpernickel loaf (creating about a 6-inch lid); hollow out, keeping bread in chunks. Store extra bread in a resealable bag until ready to serve.
- ☐ Shred the corned beef into a bowl, and add the onion, dill pickles, cream cheese, sour cream, mayonnaise, and pickle juice. Season with garlic powder. Mash together until evenly mixed.
- ☐ Add additional pickle juice or mayonnaise if desired to achieve a spreadable consistency.
- ☐ Spoon the corned beef mixture into the hollowed-out pumpernickel loaf.
- ☐ Place the lid back on top, and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:165, Glycemic Load:216.67, Inflammation Score:-10, Nutrition Score:88.292173515195%

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: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg

Nutrients (% of daily need)

Calories: 5223.81kcal (261.19%), Fat: 300.2g (461.85%), Saturated Fat: 137.96g (862.24%), Carbohydrates: 479.39g (159.8%), Net Carbohydrates: 418.22g (152.08%), Sugar: 33.74g (37.49%), Cholesterol: 787.4mg (262.47%), Sodium: 12265.5mg (533.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 164.19g (328.37%), Manganese: 12.14mg (606.9%), Selenium: 336.01µg (480.01%), Vitamin B2: 4.8mg (282.11%), Phosphorus: 2720.97mg (272.1%), Fiber: 61.17g (244.67%), Folate: 937.15µg (234.29%), Vitamin B1: 3.35mg (223.02%), Vitamin B3: 41.29mg (206.46%), Iron: 32.99mg (183.27%), Zinc: 26.47mg (176.47%), Copper: 3.17mg (158.41%), Magnesium: 615.78mg (153.94%), Vitamin A: 7659.71IU (153.19%), Calcium: 1370.42mg (137.04%), Vitamin B6: 2.64mg (131.88%), Vitamin B12: 7.56µg (126.05%), Vitamin C: 100.66mg (122.02%), Potassium: 4006.03mg (114.46%), Vitamin B5: 9.15mg (91.45%), Vitamin

K: 78.55µg (74.81%), Vitamin E: 9.61mg (64.09%)