



Corned Beef with Cabbage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cabbage
- ☐ 3 large carrots cut into large chunks
- ☐ 4 lb corned brisket of beef
- ☐ 1 teaspoon mustard dry english
- ☐ 6 small to 8 onions
- ☐ 8 servings salt and pepper freshly ground
- ☐ 1 large sprig thyme and some parsley stalks fresh

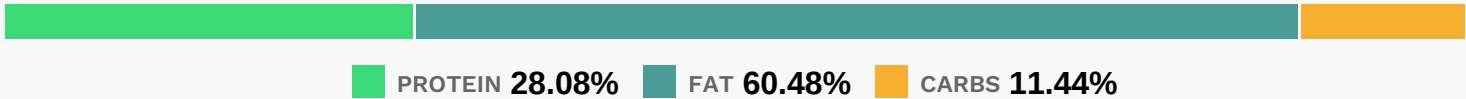
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Put the brisket into a saucepan with the carrots, onions, mustard and the herbs. Cover with cold water, and bring gently to a boil. Simmer, covered, for 2 hours. Discard the outer leaves of the cabbage, cut in quarters and add to the pot. Cook for a further 1 to 2 hours or until the meat and vegetables are soft and tender.
- ☐ Serve the corned beef in slices, surrounded by the vegetables and cooking liquid.
- ☐ Serve with lots of floury potatoes and freshly made mustard.
- ☐ Reprinted with permission from Irish Traditional Cooking by Darina Allen, (C) 1995 (reprinted 2005)

Nutrition Facts



Properties

Glycemic Index:20.35, Glycemic Load:3.59, Inflammation Score:-10, Nutrition Score:33.868695621905%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg

Nutrients (% of daily need)

Calories: 510.85kcal (25.54%), Fat: 34.1g (52.46%), Saturated Fat: 10.8g (67.51%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 10g (3.64%), Sugar: 7.22g (8.02%), Cholesterol: 122.47mg (40.82%), Sodium: 3048.2mg (132.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.62g (71.25%), Vitamin C: 108.45mg (131.46%), Vitamin A: 4628.84IU (92.58%), Vitamin K: 90.03µg (85.75%), Vitamin B12: 4.04µg (67.28%), Selenium: 43.72µg (62.46%), Zinc: 6.82mg (45.5%), Vitamin B6: 0.9mg (44.96%), Vitamin B3: 8.89mg (44.47%), Phosphorus: 319.67mg (31.97%), Potassium: 1030.39mg (29.44%), Iron: 4.58mg (25.45%), Vitamin B2: 0.43mg (25.41%), Folate: 75.31µg (18.83%), Fiber: 4.5g (18.01%), Manganese: 0.34mg (16.8%), Vitamin B5: 1.67mg (16.72%), Copper: 0.3mg (15.23%), Vitamin B1: 0.21mg (13.92%), Magnesium: 54.07mg (13.52%), Calcium: 82.89mg (8.29%), Vitamin E: 0.36mg (2.39%)