



WHATSheATE



## Corned Beef With Marmalade-Mustard Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



388 kcal

### Ingredients



3 lb corned beef brisket fully cooked



0.5 cup orange marmalade



2 tablespoons mustard stone-ground

### Equipment



frying pan

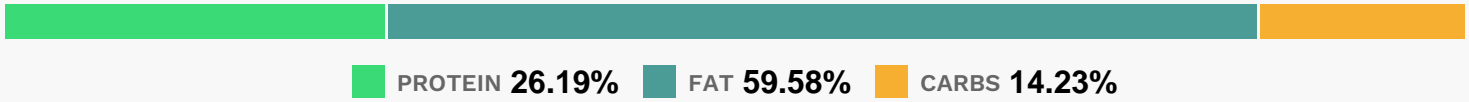


oven

### Directions

- ☐ Stir together 1/2 cup orange marmalade and 2 Tbsp. stone-ground mustard.
- ☐ Brush 1 (3- to 3 1/2-lb.) corned beef brisket, fully cooked, with half of marmalade mixture, and place in a lightly greased jelly-roll pan.
- ☐ Bake at 425 for 30 to 35 minutes or until golden brown, basting with remaining half of marmalade mixture every 10 minutes.
- ☐ Serve corned beef with cooked cabbage.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:15.36782591385%

## Nutrients (% of daily need)

Calories: 388.28kcal (19.41%), Fat: 25.47g (39.19%), Saturated Fat: 8.06g (50.34%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 13.4g (4.87%), Sugar: 12.05g (13.39%), Cholesterol: 91.85mg (30.62%), Sodium: 2122.53mg (92.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.38%), Vitamin C: 46.9mg (56.85%), Vitamin B12: 3.03µg (50.46%), Selenium: 33.71µg (48.16%), Zinc: 4.88mg (32.53%), Vitamin B3: 6.26mg (31.28%), Vitamin B6: 0.5mg (24.98%), Phosphorus: 203.86mg (20.39%), Iron: 2.96mg (16.47%), Vitamin B2: 0.27mg (16.15%), Potassium: 518.21mg (14.81%), Copper: 0.21mg (10.39%), Vitamin B5: 0.98mg (9.84%), Magnesium: 26.01mg (6.5%), Vitamin B1: 0.08mg (5.42%), Manganese: 0.05mg (2.68%), Folate: 10.57µg (2.64%), Calcium: 21.87mg (2.19%), Fiber: 0.3g (1.2%)