



Easy Corned Beef and Cabbage

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

READY IN



495 min.

SERVINGS



6

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 small head cabbage cut into wedges
- 1 pound carrots cut into large chunks
- 2 tablespoons cider vinegar
- 3 pound corned beef brisket with spice packet, cut in half
- 3 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 1 onion cut into wedges

- 4 potatoes peeled quartered
- 2 tablespoons sugar
- 3 cups water

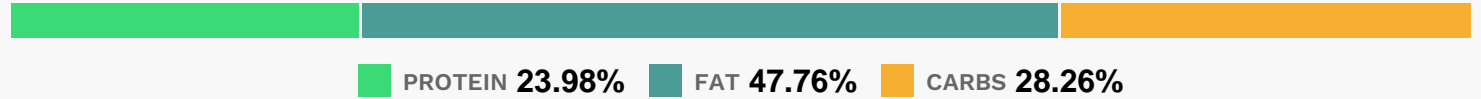
Equipment

- bowl
- slow cooker

Directions

- Place onion, potatoes, and carrots in a 5-quart slow cooker.
- Combine water, garlic, bay leaf, sugar, vinegar, and contents of spice packet in a small bowl; pour over vegetables. Top with brisket and cabbage.
- Cover and cook on Low until meat and vegetables are tender, 8 to 9 hours.
- Remove bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:62.28, Glycemic Load:25.64, Inflammation Score:-10, Nutrition Score:41.540434505629%

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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 645.63kcal (32.28%), Fat: 34.27g (52.72%), Saturated Fat: 10.84g (67.75%), Carbohydrates: 45.63g (15.21%), Net Carbohydrates: 37.02g (13.46%), Sugar: 13.3g (14.78%), Cholesterol: 122.47mg (40.82%), Sodium: 2849.44mg (123.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.7g (77.41%), Vitamin A: 12751.43IU (255.03%), Vitamin C: 139.06mg (168.55%), Vitamin K: 103.49µg (98.56%), Vitamin B6: 1.37mg (68.49%), Vitamin B12: 4.04µg (67.28%), Selenium: 44.29µg (63.27%), Vitamin B3: 10.85mg (54.27%), Potassium: 1754.44mg (50.13%),

Zinc: 7.34mg (48.91%), Phosphorus: 411.98mg (41.2%), Fiber: 8.61g (34.42%), Iron: 5.83mg (32.37%), Manganese: 0.65mg (32.25%), Vitamin B2: 0.5mg (29.45%), Folate: 103.18µg (25.8%), Copper: 0.49mg (24.65%), Vitamin B1: 0.35mg (23.01%), Magnesium: 91.71mg (22.93%), Vitamin B5: 2.21mg (22.06%), Calcium: 117.21mg (11.72%), Vitamin E: 0.7mg (4.66%)