



Glazed Corned Beef

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



7

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apricot preserves
- 0.3 cup brown sugar
- 4.5 pounds corned beef ribs rinsed
- 2 tablespoons soya sauce
- 1 cup water

Equipment

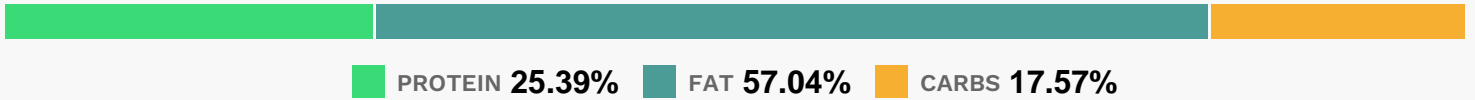
- bowl
- frying pan

- oven
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Coat a large pan with non-stick cooking spray.
- Place corned beef in dish and add water. Cover tightly with aluminum foil and bake for 2 hours; drain liquid.
- In a small bowl combine apricot preserves, brown sugar, and soy sauce.
- Spread the apricot mixture evenly over the corned beef.
- Bake uncovered at 350 degrees F (175 degrees C) 25 to 30 more minutes, or until the meat is tender; basting occasionally with pan drippings.
- Slice corned beef across grain and serve.

Nutrition Facts



Properties

Glycemic Index:2.14, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:26.426956621201%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 692.09kcal (34.6%), Fat: 43.52g (66.95%), Saturated Fat: 13.8g (86.23%), Carbohydrates: 30.17g (10.06%), Net Carbohydrates: 30.03g (10.92%), Sugar: 22.38g (24.86%), Cholesterol: 157.46mg (52.49%), Sodium: 3853.4mg (167.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.59g (87.19%), Vitamin C: 81.7mg (99.04%), Vitamin B12: 5.19µg (86.51%), Selenium: 56.21µg (80.31%), Zinc: 8.36mg (55.72%), Vitamin B3: 10.9mg (54.48%), Vitamin B6: 0.87mg (43.29%), Phosphorus: 349.18mg (34.92%), Iron: 5.27mg (29.29%), Vitamin B2: 0.47mg (27.83%), Potassium: 913.41mg (26.1%), Copper: 0.37mg (18.53%), Vitamin B5: 1.7mg (16.99%), Magnesium: 45.28mg (11.32%), Vitamin B1: 0.13mg (8.56%), Manganese: 0.1mg (5.13%), Folate: 15.92µg (3.98%), Calcium: 35.74mg (3.57%), Vitamin A: 69.29IU (1.39%)