




 **59%**  
HEALTH SCORE

# Guinness Braised Corned Beef and Cabbage


 Dairy Free  Very Healthy

READY IN




45 min.

SERVINGS



6

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds corned beef brisket
- 1 pound carrots roughly chopped
- 1 pound parsnips roughly chopped
- 3 large potatoes peeled quartered
- 2 cloves garlic minced
- 2 cups porter
- 2 cups beef broth
- 2 tablespoons suya seasoning mix

- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 1 bay leaves
- 3 dijon honey mustard

## Equipment

- ladle
- oven
- pot
- aluminum foil
- cutting board
- gravy boat

## Directions

- Season both sides of the corned beef liberally with pepper. The corning of the beef makes the beef salty enough, so no need to add more.
- Heat 1 TBSP oil in a large, shallow oven-safe pot over medium-high heat.
- Add beef and sear each side for about 3 minutes, just to develop a nice brown crust. This will seal in the beef's juices.
- Remove beef to a plate.
- Pour guinness into the pot to deglaze. Scrape up any browned bits.
- Add beef broth, pickling spice, brown sugar, bay leaf, and minced garlic. Bring mixture up to a simmer.
- Return the beef to the pot with any additional juices that have accumulated on the plate.
- Cover the pot and place on the bottom rack in your oven.
- Bake for 2 1/2 - 3 hours, or until a fork can easily be inserted into the meat.
- Baste the meat with the surrounding juices every 30 minutes or so.
- After 2 hours, add carrots, parsnips, and potatoes to the pot. They will only take about 25-30 minutes of simmering to cook.
- Remove pot from the oven.

- Place beef on a cutting board and let it rest for 15 minutes before carving into thin slices (cut against the grain of the meat).
- Remove vegetables and arrange them on a serving platter. Cover with foil.
- Place the pot on the burner and bring sauce to a boil.
- Add cabbage and cook for about 7 minutes, until it has softened.
- Place the cabbage on the serving platter with the other vegetables.
- Strain the sauce in the pot and stir in 2 or 3 TBSP of spicy honey mustard until dissolved.
- Place in a small dish or gravy boat with a ladle and serve alongside the beef.
- After slicing the beef and arranging it on the serving platter, ladle the guinness mustard sauce over the top to rehydrate and glaze the beef and vegetables.

## Nutrition Facts

**PROTEIN 20.09%** **FAT 36.36%** **CARBS 43.55%**

### Properties

Glycemic Index:36.26, Glycemic Load:31.3, Inflammation Score:-10, Nutrition Score:39.777391304348%

### Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

### Taste

Sweetness: 35.45%, Saltiness: 100%, Sourness: 24.83%, Bitterness: 63.21%, Savoriness: 37.31%, Fattiness: 56.42%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 592.52kcal (29.63%), Fat: 23.5g (36.15%), Saturated Fat: 7.43g (46.42%), Carbohydrates: 63.32g (21.11%), Net Carbohydrates: 51.32g (18.66%), Sugar: 12.84g (14.27%), Cholesterol: 81.65mg (27.22%), Sodium: 2213.49mg (96.24%), Protein: 29.21g (58.42%), Vitamin A: 12718.18IU (254.36%), Vitamin C: 94.92mg (115.05%), Vitamin B6: 1.23mg (61.45%), Vitamin K: 61.15µg (58.24%), Manganese: 1.12mg (55.93%), Potassium: 1865.94mg (53.31%), Vitamin B3: 9.62mg (48.08%), Fiber: 12g (48%), Vitamin B12: 2.75µg (45.79%), Selenium: 31.69µg (45.27%), Phosphorus: 381.6mg (38.16%), Zinc: 5.62mg (37.45%), Iron: 6.67mg (37.05%), Folate: 115.48µg (28.87%), Magnesium: 110.14mg (27.53%), Copper: 0.53mg (26.32%), Vitamin B2: 0.42mg (24.83%), Vitamin B1: 0.34mg (22.86%), Vitamin B5: 2.14mg (21.41%), Calcium: 173.67mg (17.37%), Vitamin E: 2.54mg (16.96%)