

Guinness® Corned Beef

 Dairy Free

READY IN



170 min.

SERVINGS



16

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar
- 4 pounds corned beef brisket
- 12 fluid ounce porter canned

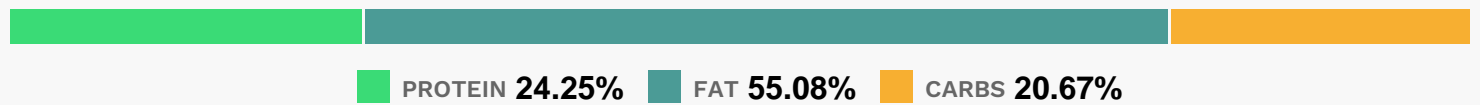
Equipment

- oven
- roasting pan
- dutch oven

Directions

- Preheat oven to 300 degrees F (150 degrees C). Rinse the beef completely and pat dry.
- Place the brisket on rack in a roasting pan or Dutch oven. Rub the brown sugar on the corned beef to coat entire beef, including the bottom.
- Pour the bottle of stout beer around, and gently over the beef to wet the sugar.
- Cover, and place in preheated oven.
- Bake for 2 1/2 hours. Allow to rest 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:10.074782563292%

Nutrients (% of daily need)

Calories: 284.58kcal (14.23%), Fat: 16.9g (25.99%), Saturated Fat: 5.36g (33.52%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 14.27g (5.19%), Sugar: 13.34g (14.82%), Cholesterol: 61.24mg (20.41%), Sodium: 1383.9mg (60.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.74g (33.47%), Vitamin C: 30.62mg (37.11%), Vitamin B12: 2.02µg (33.64%), Selenium: 21.71µg (31.02%), Zinc: 3.24mg (21.57%), Vitamin B3: 4.17mg (20.83%), Vitamin B6: 0.33mg (16.72%), Phosphorus: 133.23mg (13.32%), Iron: 2.01mg (11.19%), Vitamin B2: 0.18mg (10.47%), Potassium: 355.08mg (10.15%), Vitamin B5: 0.66mg (6.65%), Copper: 0.13mg (6.56%), Magnesium: 17.11mg (4.28%), Vitamin B1: 0.05mg (3.25%), Calcium: 19.35mg (1.94%), Manganese: 0.03mg (1.57%), Folate: 5.81µg (1.45%)