



Guinness Glazed Slow Cooker Corned Beef



Dairy Free



Popular

READY IN



510 min.

SERVINGS



12

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 4 pound corned beef in pickling liquid and spices
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons grainy mustard
- ☐ 1 bottle/can guinness
- ☐ 1 small onion sliced
- ☐ 12 servings salt and pepper to taste
- ☐ 1 tablespoon worcestershire sauce

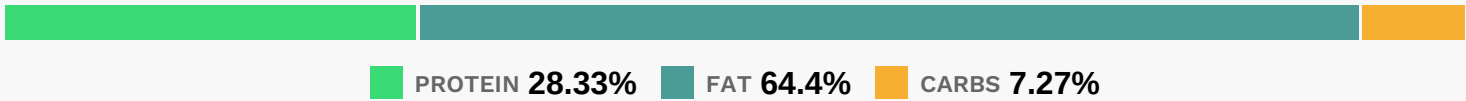
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Place the corned beef along with the pickling spices, onion and garlic in a slow cooker/crock-pot with the fat layer on top, pour in the Guinness and cook on low until fork tender, about 8-10 hours. Set the corned beef aside, strain the solids from the Guinness and juices, place the liquid into a large sauce pan, add the brown sugar, mustard, Worcestershire sauce, salt and pepper, bring to a boil reduce the heat and simmer to reduce by half, about 10 minutes.
- ☐ Cut the fat layer from the corned beef, glaze with the Guinness glaze and bake in a preheated 400F oven until the glaze starts bubbling, about 10-15 minutes.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:13.69478266508%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 322.14kcal (16.11%), Fat: 22.62g (34.8%), Saturated Fat: 7.16g (44.75%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 5.53g (2.01%), Sugar: 4.87g (5.41%), Cholesterol: 81.65mg (27.22%), Sodium: 2081.34mg (90.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.78%), Vitamin C: 41.53mg (50.34%), Vitamin B12: 2.69µg (44.86%), Selenium: 29.7µg (42.44%), Zinc: 4.34mg (28.95%), Vitamin B3: 5.57mg (27.86%), Vitamin B6: 0.45mg (22.61%), Phosphorus: 182.71mg (18.27%), Iron: 2.72mg (15.12%), Vitamin B2: 0.24mg (14.28%), Potassium: 479.79mg (13.71%), Vitamin B5: 0.88mg (8.84%), Copper: 0.18mg (8.82%), Magnesium: 23.62mg (5.9%), Vitamin B1: 0.07mg (4.93%), Manganese: 0.06mg (2.79%), Folate: 9.01µg (2.25%), Calcium: 19.39mg (1.94%)