



Hutspot Mit Klapstuk

 **Gluten Free**

READY IN



220 min.

SERVINGS



6

CALORIES



910 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 0.5 cup butter
- 2 pounds carrots cubed
- 3 pounds corned beef ribs smoked
- 1 pound onions sliced
- 4 pounds potatoes cubed
- 6 servings salt freshly ground

Equipment

frying pan

oven

Directions

Heat a serving platter in the warming oven.

Place the corned beef into cold water and bring to the boil. Reduce heat to a simmer and cook for about 2 hours, turning occasionally.

Place the vegetables in a big pan – first the potatoes – season – then the carrots – season – and then the onions, then cover with water. Cook until tender – approximately 1 hour. Strain the cooked vegetables and roughly mash them.

Add the 1/2 cup of butter to make them rich and creamy.

Drain the meat and slice it thinly. Spoon the vegetables (hutspot) on the heated serving platter and lay the sliced meat klapstuk over them.

Nutrition Facts

 **PROTEIN 18.28%**  **FAT 49.03%**  **CARBS 32.69%**

Properties

Glycemic Index:39.93, Glycemic Load:45.05, Inflammation Score:-10, Nutrition Score:44.654782502548%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 3.27mg, Kaempferol: 3.27mg, Kaempferol: 3.27mg, Kaempferol: 3.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 17.78mg, Quercetin: 17.78mg, Quercetin: 17.78mg, Quercetin: 17.78mg

Nutrients (% of daily need)

Calories: 910.01kcal (45.5%), Fat: 49.85g (76.69%), Saturated Fat: 20.61g (128.82%), Carbohydrates: 74.77g (24.92%), Net Carbohydrates: 62.57g (22.75%), Sugar: 12.74g (14.16%), Cholesterol: 163.14mg (54.38%), Sodium: 3201.05mg (139.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.81g (83.62%), Vitamin A: 25739.88IU (514.8%), Vitamin C: 135.32mg (164.03%), Vitamin B6: 1.85mg (92.5%), Potassium: 2546.78mg (72.77%), Vitamin B12: 4.07µg (67.82%), Vitamin B3: 13.07mg (65.36%), Selenium: 44.72µg (63.89%), Zinc: 7.85mg (52.34%), Phosphorus: 517.26mg (51.73%), Fiber: 12.2g (48.79%), Manganese: 0.83mg (41.75%), Iron: 6.82mg (37.88%), Copper: 0.68mg (33.75%), Vitamin B2: 0.57mg (33.39%), Magnesium: 127.56mg (31.89%), Vitamin B1: 0.48mg

(31.67%), Vitamin B5: 2.72mg (27.16%), Vitamin K: 27.49µg (26.18%), Folate: 103.4µg (25.85%), Calcium: 124.55mg (12.45%), Vitamin E: 1.48mg (9.89%)