



Irish Bacon and Cabbage with Mustard Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds irish bacon boiling (such as Tommy Moloney's)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 pound cabbage cored trimmed quartered
- ☐ 4 medium carrots cut into 1-inch pieces
- ☐ 0.7 cup cooking wine dry white
- ☐ 1 garlic clove minced
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 1 small onion finely chopped

- ☐ 12 ounces potatoes red
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons butter unsalted
- ☐ 14 cups water divided
- ☐ 2 teaspoons whole-grain dijon mustard

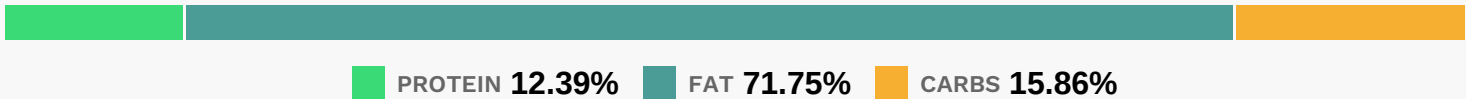
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Place bacon in a large Dutch oven; cover with 8 cups water. Bring to a boil; cover, reduce heat, and simmer 2 hours, skimming foam from liquid as necessary.
- ☐ Remove bacon from pan; cover and keep warm.
- ☐ Remove 1 1/4 cups cooking liquid from pan; reserve cooking liquid for mustard sauce. Discard the remaining cooking liquid.
- ☐ Add red potatoes, carrots, and cabbage to pan; cover with the remaining 6 cups water. Bring to a boil. Cover and simmer 20 minutes or until vegetables are tender; drain.
- ☐ Cut each cabbage quarter in half lengthwise.
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add onion and garlic; cook 3 minutes or until tender, stirring occasionally. Stir in wine and mustard; cook 2 minutes.
- ☐ Add reserved 1 1/4 cups bacon cooking liquid and milk. Bring to a boil; cook 20 minutes or until reduced to 2 cups, stirring frequently. Stir in black pepper and salt.
- ☐ Cut bacon into 8 slices; serve with sauce and vegetables.

Nutrition Facts



Properties

Glycemic Index:28.35, Glycemic Load:3.74, Inflammation Score:-10, Nutrition Score:28.492173630258%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 622.58kcal (31.13%), Fat: 48.93g (75.28%), Saturated Fat: 17.43g (108.93%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 18.28g (6.65%), Sugar: 9.89g (10.99%), Cholesterol: 85.32mg (28.44%), Sodium: 899.94mg (39.13%), Alcohol: 2.06g (100%), Alcohol %: 0.31% (100%), Protein: 19.02g (38.03%), Vitamin K: 135.09µg (128.66%), Vitamin A: 5433.47IU (108.67%), Vitamin C: 68.56mg (83.1%), Selenium: 25.05µg (35.78%), Vitamin B6: 0.67mg (33.36%), Vitamin B1: 0.49mg (32.94%), Vitamin B3: 5.82mg (29.12%), Phosphorus: 287.06mg (28.71%), Potassium: 888.44mg (25.38%), Fiber: 6.06g (24.22%), Folate: 90.51µg (22.63%), Manganese: 0.45mg (22.39%), Vitamin B2: 0.27mg (15.7%), Calcium: 151.12mg (15.11%), Magnesium: 58.98mg (14.74%), Zinc: 2.13mg (14.21%), Vitamin B5: 1.35mg (13.54%), Vitamin B12: 0.77µg (12.81%), Copper: 0.23mg (11.34%), Iron: 1.78mg (9.89%), Vitamin E: 1.05mg (6.98%), Vitamin D: 0.51µg (3.37%)