



WHATSheATE



HEALTH SCORE

53%

Irish Channel Corned Beef and Cabbage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 head cabbage
- ☐ 4 carrots chopped
- ☐ 14 oz chicken broth canned
- ☐ 3 pounds corned beef ribs
- ☐ 1 onion chopped
- ☐ 1.5 cups water

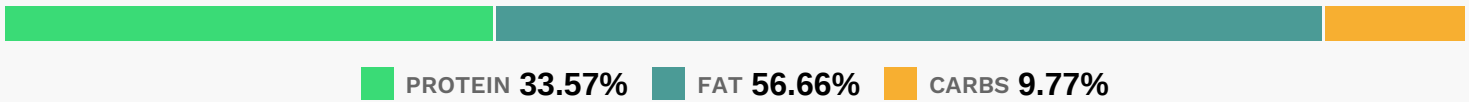
Equipment

- ☐ slow cooker

Directions

- ☐ Rinse the corned beef and cut off excess fat.
- ☐ Place the onion on the bottom of the slow cooker.
- ☐ Place the corned beef on top of the onion.
- ☐ Add water, chicken broth, carrots and cabbage.
- ☐ Cook on low heat for 8 to 10 hours, or until meat is cooked and vegetables are tender.
- ☐ Reprinted with permission from In a While, Crocodile: New Orleans Slow Cooker Recipes by Patrice Keller Kononchek and Lauren Malone Keller. Copyright © 2014 by Patrice Keller Kononchek and Lauren Malone Keller. Photographs by Michael Palumbo. Published by Pelican Publishing Company, Inc.

Nutrition Facts



Properties

Glycemic Index:19.64, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:39.25086939594%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 633.27kcal (31.66%), Fat: 39.42g (60.64%), Saturated Fat: 12.29g (76.8%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 10.06g (3.66%), Sugar: 7.55g (8.39%), Cholesterol: 155.54mg (51.85%), Sodium: 3137.94mg (136.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.55g (105.09%), Vitamin C: 120.38mg (145.91%), Vitamin A: 7059.53IU (141.19%), Vitamin K: 121.98µg (116.17%), Selenium: 55.85µg (79.78%), Vitamin B12: 4.7µg (78.31%), Zinc: 8.52mg (56.83%), Vitamin B3: 10.66mg (53.32%), Vitamin B6: 1.05mg (52.46%), Phosphorus: 425.46mg (42.55%), Potassium: 1188.96mg (33.97%), Iron: 5.56mg (30.91%), Vitamin B2: 0.51mg (30.08%), Folate: 88.95µg (22.24%), Fiber: 5.23g (20.93%), Manganese: 0.37mg (18.46%), Vitamin B5: 1.75mg (17.47%), Magnesium: 69.78mg (17.45%), Copper: 0.35mg (17.31%), Vitamin B1: 0.23mg (15.01%), Calcium: 105.08mg (10.51%), Vitamin E: 0.71mg (4.74%)