



## Mustard Glazed Corned Beef

 **Gluten Free**  **Dairy Free**

READY IN



250 min.

SERVINGS



10

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons pickling spice
- 0.5 cup plus light
- 5.5 pound corned beef brisket
- 2 teaspoons mustard yellow prepared to taste

### Equipment

- sauce pan
- oven
- broiler

dutch oven

broiler pan

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the corned beef brisket into a Dutch oven, and season with pickling spice. Fill with enough water to cover the roast, and place the lid on.

Bake for 2 1/2 hours in the preheated oven. Then, remove it from the Dutch oven and place on a broiler pan. Preheat the oven's broiler.

While the meat is roasting, mix together the corn syrup and mustard in a small saucepan. Bring to a boil, and cook over medium heat until slightly thickened, about 5 minutes.

Spread the mustard glaze over the roast, and broil for 5 to 7 minutes, until the glaze is shiny.

## Nutrition Facts



**PROTEIN 27.05%** **FAT 61.57%** **CARBS 11.38%**

## Properties

Glycemic Index:5.6, Glycemic Load:2.53, Inflammation Score:-4, Nutrition Score:24.345217538917%

## Nutrients (% of daily need)

Calories: 550.66kcal (27.53%), Fat: 37.37g (57.49%), Saturated Fat: 11.85g (74.05%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 14.23g (5.18%), Sugar: 13.23g (14.7%), Cholesterol: 134.72mg (44.91%), Sodium: 3058.43mg (132.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.93g (73.86%), Vitamin C: 67.43mg (81.73%), Vitamin B12: 4.44µg (74.01%), Selenium: 47.99µg (68.56%), Zinc: 7.27mg (48.47%), Vitamin B3: 9.27mg (46.37%), Vitamin B6: 0.75mg (37.75%), Phosphorus: 297.34mg (29.73%), Iron: 5.32mg (29.56%), Vitamin B2: 0.41mg (24%), Potassium: 779.88mg (22.28%), Vitamin K: 18.4µg (17.52%), Copper: 0.29mg (14.69%), Vitamin B5: 1.45mg (14.52%), Magnesium: 43.56mg (10.89%), Manganese: 0.2mg (10.08%), Vitamin B1: 0.12mg (8.3%), Calcium: 67.54mg (6.75%), Fiber: 1.3g (5.2%), Folate: 19.55µg (4.89%), Vitamin E: 0.54mg (3.62%), Vitamin A: 51.01IU (1.02%)