



Mustard-glazed Corned Beef with Baby Vegetables in Golden Ale Broth

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 baby-cut carrots rinsed peeled (4 in. long)
- ☐ 1 teaspoon peppercorns black
- ☐ 3.5 lb center-cut corned beef brisket
- ☐ 1 bay leaf dried
- ☐ 1.5 lb cabbage green cored cut into 6 or 8 wedges
- ☐ 0.5 cup sweet-hot mustard such as honey-dijon
- ☐ 8 onions white red peeled (1 in. wide,)

- ☐ 2 cups light-bodied wheat beer
- ☐ 0.5 teaspoon allspice whole
- ☐ 18 yukon gold potatoes scrubbed ()

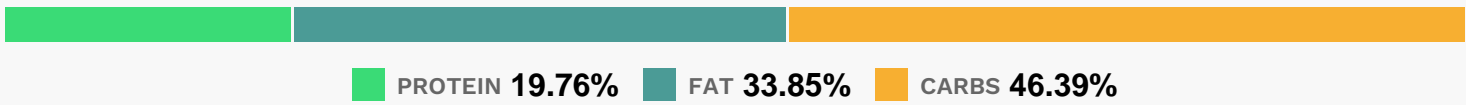
Equipment

- ☐ frying pan

Directions

- ☐ Trim and discard most of the fat from the surface of the brisket. Rinse meat thoroughly under cool running water, massaging to release the salty brine.
- ☐ In a 5-quart or larger electric slow-cooker, combine onions, carrots, potatoes, peppercorns, allspice, cloves, and bay leaf.
- ☐ Lay meat, fattiest side up, on vegetables.
- ☐ Add the ale. Cover and cook until brisket is very tender when pierced, 8 to 9 hours on low, 6 to 7 hours on high. If possible, turn meat over about halfway through cooking.
- ☐ With 1 or 2 slotted spoons, transfer brisket, fattiest side up, to a 10- by 15-inch pan. Using hot mitts, drain juice from cooker into a 5- to 6-quart pan; turn heat in slow-cooker to low to keep vegetables warm.
- ☐ Add cabbage to juice and bring to a boil over high heat. Cover and cook until cabbage is brighter green and barely tender when pierced, 5 to 7 minutes. Meanwhile, spread fatty side of brisket with 1/2 cup mustard and broil about 6 inches from heat until surface sizzles, about 3 minutes.
- ☐ Transfer corned beef, mustard side up, to a large platter, spoon vegetable mixture and cabbage around meat.
- ☐ Pour cooking juices into a pitcher. Slice brisket across the grain.
- ☐ Serve meat and vegetables with juices and additional mustard to add to taste.

Nutrition Facts



Properties

Glycemic Index:30.28, Glycemic Load:53.36, Inflammation Score:-10, Nutrition Score:45.363043370454%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 25.26mg, Quercetin: 25.26mg, Quercetin: 25.26mg, Quercetin: 25.26mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 819.31kcal (40.97%), Fat: 30.18g (46.44%), Saturated Fat: 9.58g (59.89%), Carbohydrates: 93.06g (31.02%), Net Carbohydrates: 79.79g (29.02%), Sugar: 14.56g (16.17%), Cholesterol: 107.16mg (35.72%), Sodium: 2555.83mg (111.12%), Alcohol: 2.3g (100%), Alcohol %: 0.33% (100%), Protein: 39.65g (79.3%), Vitamin C: 168.91mg (204.74%), Vitamin B6: 1.99mg (99.73%), Potassium: 2584.74mg (73.85%), Vitamin K: 75.36µg (71.77%), Vitamin A: 3201.39IU (64.03%), Vitamin B3: 12.06mg (60.32%), Vitamin B12: 3.54µg (59.07%), Selenium: 40.25µg (57.5%), Fiber: 13.27g (53.09%), Phosphorus: 520.01mg (52%), Manganese: 1.02mg (51.09%), Zinc: 7.16mg (47.73%), Iron: 7.26mg (40.34%), Copper: 0.73mg (36.25%), Magnesium: 144.12mg (36.03%), Folate: 138.44µg (34.61%), Vitamin B1: 0.5mg (33.63%), Vitamin B2: 0.52mg (30.69%), Vitamin B5: 2.7mg (27.01%), Calcium: 133.25mg (13.32%), Vitamin E: 0.19mg (1.29%)