



WHATSheATE



HEALTH SCORE

55%

## New England Boiled Dinner



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 bay leaves
- ☐ 0.5 teaspoon peppercorns black
- ☐ 1 pound carrots thinly sliced
- ☐ 2.5 pounds cured corned beef brisket trimmed
- ☐ 1 small head cabbage green cut into 8 wedges
- ☐ 0.5 teaspoon mustard seeds
- ☐ 12 ounces parsnips thinly sliced
- ☐ 0.5 cup pearl onions frozen

- ☐ 2 pounds potatoes red halved
- ☐ 12 ounces strips rutabaga peeled (4 x)
- ☐ 4 allspice whole

## Equipment

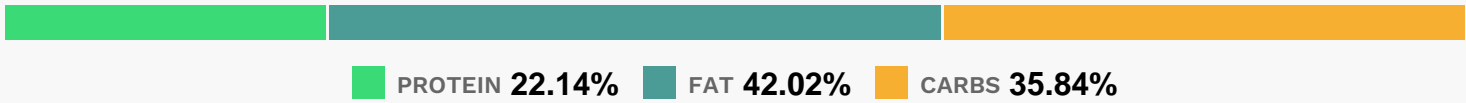
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ ziploc bags
- ☐ dutch oven

## Directions

- ☐ Place beef in a large Dutch oven.
- ☐ Add black peppercorns, mustard seeds, cloves, allspice, and bay leaves. Cover with water to 2 inches above beef; bring to a boil. Reduce heat; partially cover, and simmer 2 hours or until beef is tender.
- ☐ Remove beef from pan.
- ☐ Strain cooking liquid through a sieve over a large bowl, reserving cooking liquid; discard solids.
- ☐ Place 1 large heavy-duty zip-top plastic bag inside each of 2 bowls.
- ☐ Pour reserved cooking liquid into bags; let stand 10 minutes (fat will rise to the top). Seal bags; carefully snip off 1 bottom corner of 1 bag.
- ☐ Drain liquid into pan, stopping before fat layer reaches the opening; discard fat. Repeat procedure with remaining bag.
- ☐ Add beef, carrot, rutabaga, parsnips, onions, and potatoes to pan; bring to a boil over high heat. Reduce heat, and simmer 5 minutes. Arrange cabbage on top; cover, reduce heat, and simmer 15 minutes or until cabbage is tender.
- ☐ Remove beef from pan, and cut across the grain into 16 slices. Strain vegetable mixture through a sieve over a large bowl, reserving vegetable mixture and cooking liquid.
- ☐ Place 1 cabbage wedge, 1 1/2 cups vegetable mixture, and 2 beef slices into each of 8 large soup bowls.

Pour 1/2 cup reserved cooking liquid over each serving; reserve remaining cooking liquid for another use.

## Nutrition Facts



## Properties

Glycemic Index:36.1, Glycemic Load:8.27, Inflammation Score:-10, Nutrition Score:35.623043267623%

## Flavonoids

Apigenin: 1.71mg, Apigenin: 1.71mg, Apigenin: 1.71mg, Apigenin: 1.71mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

## Nutrients (% of daily need)

Calories: 461.07kcal (23.05%), Fat: 21.8g (33.54%), Saturated Fat: 6.84g (42.76%), Carbohydrates: 41.84g (13.95%), Net Carbohydrates: 32.66g (11.88%), Sugar: 11.59g (12.87%), Cholesterol: 76.54mg (25.51%), Sodium: 1810.74mg (78.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.84g (51.68%), Vitamin A: 9573.62IU (191.47%), Vitamin C: 103.05mg (124.9%), Vitamin K: 88.82µg (84.59%), Potassium: 1586.69mg (45.33%), Vitamin B6: 0.89mg (44.69%), Vitamin B12: 2.52µg (42.05%), Selenium: 29.37µg (41.95%), Vitamin B3: 7.88mg (39.42%), Manganese: 0.77mg (38.51%), Fiber: 9.18g (36.7%), Zinc: 5.11mg (34.04%), Phosphorus: 337.19mg (33.72%), Folate: 117.34µg (29.33%), Iron: 4.35mg (24.17%), Vitamin B1: 0.33mg (21.99%), Vitamin B2: 0.37mg (21.75%), Magnesium: 85.91mg (21.48%), Copper: 0.43mg (21.31%), Vitamin B5: 1.82mg (18.15%), Calcium: 115.13mg (11.51%), Vitamin E: 1.3mg (8.64%)