



New England Boiled Dinner



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



270 min.

SERVINGS



6

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pounds brisket plain
- ☐ 15 peppercorns
- ☐ 8 cloves whole
- ☐ 1 bay leaf
- ☐ 6 servings salt plain
- ☐ 2 medium turnips peeled quartered
- ☐ 4 new potatoes red peeled quartered
- ☐ 3 large carrots quartered cut into thirds and the thickest pieces lengthwise

☐ 1 small head cabbage cut into fourths

Equipment

☐ bowl

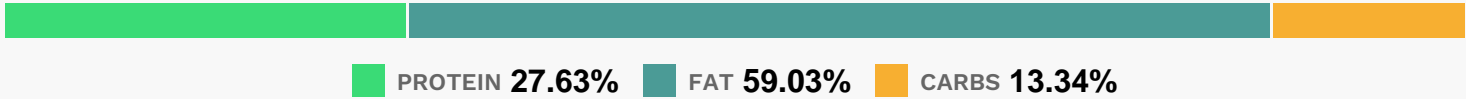
☐ pot

☐ dutch oven

Directions

- ☐ Put corned beef in a pot, cover with water, add seasonings, simmer:
- ☐ Put the brisket in a 5 or 6 quart Dutch oven and cover with an inch of water.
- ☐ If you are using corned beef brisket and it does not come already packed in seasoning, add peppercorns, cloves, and a bay leaf to the pot.
- ☐ If using plain brisket, add a teaspoon of salt for every quart of water.
- ☐ Bring to a simmer and then cover, lower the heat until it is barely simmering. Keep at a low simmer for four hours or until the meat is tender (a fork goes through easily).
- ☐ Remove meat, add vegetables, simmer:
- ☐ Remove the meat and set aside, keeping the meat warm.
- ☐ Add the vegetables to the pot. Check the broth for taste. If it is too salty, add a little more water to taste.
- ☐ Raise the temperature and bring the soup to a high simmer. Cook at a high simmer until done, about 15–30 minutes longer, depending on the size of the cut of your vegetables.
- ☐ Slice meat across the grain: Slice the meat in thin slices across the grain. You may find it easier to slice if you first cut the roast in half along the same direction as the grain of the meat. Then slice smaller lengths across the grain.
- ☐ Serve in bowls, a few pieces of meat in each, add some of the vegetables and some broth.
- ☐ Serve with horseradish or mustard or both.

Nutrition Facts



Properties

Glycemic Index:46.6, Glycemic Load:9.05, Inflammation Score:-10, Nutrition Score:39.466521750326%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 609.95kcal (30.5%), Fat: 39.75g (61.15%), Saturated Fat: 12.6g (78.72%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 14.51g (5.28%), Sugar: 7.36g (8.18%), Cholesterol: 142.88mg (47.63%), Sodium: 3490.46mg (151.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.86g (83.73%), Vitamin C: 133.02mg (161.24%), Vitamin A: 6134.35IU (122.69%), Vitamin K: 96.73µg (92.12%), Vitamin B12: 4.71µg (78.5%), Selenium: 51.1µg (72.99%), Vitamin B6: 1.11mg (55.67%), Vitamin B3: 10.88mg (54.4%), Zinc: 8.07mg (53.8%), Phosphorus: 386.07mg (38.61%), Potassium: 1344.37mg (38.41%), Iron: 5.62mg (31.2%), Manganese: 0.6mg (30.02%), Vitamin B2: 0.51mg (29.95%), Fiber: 5.69g (22.78%), Folate: 83.45µg (20.86%), Vitamin B5: 2.06mg (20.55%), Copper: 0.41mg (20.46%), Magnesium: 69.85mg (17.46%), Vitamin B1: 0.26mg (17.13%), Calcium: 97.73mg (9.77%), Vitamin E: 0.46mg (3.05%)