



New England Boiled Dinner



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds baking potatoes peeled quartered
- ☐ 1.3 pounds carrots
- ☐ 4.8 pound cured corned beef brisket
- ☐ 2 pound cabbage green cored cut into 10 wedges
- ☐ 0.5 cup maple syrup
- ☐ 1 pound onions boiling peeled
- ☐ 1.3 pounds turnips peeled quartered
- ☐ 4 quarts water

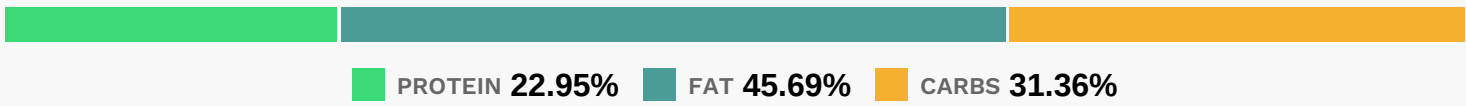
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Trim fat from brisket.
- ☐ Place brisket in a large stockpot; add water. Bring to a boil; cover, reduce heat, and simmer 2 hours or until tender.
- ☐ Remove brisket from pot, and set cooking liquid aside.
- ☐ Place brisket in a large baking dish; drizzle with syrup.
- ☐ Bake, uncovered, at 400 for 20 minutes.
- ☐ Add onions and next 3 ingredients to stockpot; bring to a boil. Cover and cook 20 minutes.
- ☐ Add cabbage; cover and cook an additional 5 minutes or until the vegetables are tender.
- ☐ Remove vegetables with a slotted spoon, and place on a serving platter. Thinly slice brisket, and place on platter.
- ☐ Drizzle drippings from baking dish over sliced brisket.

Nutrition Facts



Properties

Glycemic Index:31.21, Glycemic Load:26.05, Inflammation Score:-10, Nutrition Score:40.397826049639%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.58mg, Quercetin: 9.58mg, Quercetin: 9.58mg, Quercetin: 9.58mg

Nutrients (% of daily need)

Calories: 639.6kcal (31.98%), Fat: 32.52g (50.03%), Saturated Fat: 10.29g (64.34%), Carbohydrates: 50.22g (16.74%), Net Carbohydrates: 43.1g (15.67%), Sugar: 20.02g (22.24%), Cholesterol: 116.35mg (38.78%), Sodium: 2743.4mg (119.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.75g (73.51%), Vitamin A: 9563.09IU (191.26%), Vitamin C: 116.45mg (141.15%), Vitamin K: 78.71µg (74.96%), Vitamin B6: 1.31mg (65.61%), Vitamin B12: 3.84µg (63.92%), Selenium: 42.34µg (60.49%), Vitamin B3: 10.12mg (50.61%), Zinc: 7.15mg (47.66%), Manganese: 0.95mg (47.61%), Potassium: 1659.18mg (47.41%), Vitamin B2: 0.68mg (39.92%), Phosphorus: 386.35mg (38.63%), Iron: 5.5mg (30.53%), Fiber: 7.12g (28.49%), Copper: 0.52mg (26.15%), Folate: 93.55µg (23.39%), Magnesium: 91.87mg (22.97%), Vitamin B1: 0.33mg (22.17%), Vitamin B5: 2.09mg (20.86%), Calcium: 141.17mg (14.12%), Vitamin E: 0.55mg (3.65%)