



Raleys Irish Corned Beef Stew

 Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 head cabbage cored coarsely chopped
- 10.5 ounce beef broth canned
- 2 cups carrots cubed peeled
- 3 pound corned beef brisket (with spice packet), excess fat trimmed and meat cut into 1-inch cubes
- 0.3 cup flour all-purpose
- 0.3 cup olive oil
- 1 extra large onion cut into chunks
- 2 cups parsnips cubed peeled

- 1.5 pounds potatoes red cubed peeled
- 1.5 cups water
- 0.3 cup distilled vinegar white

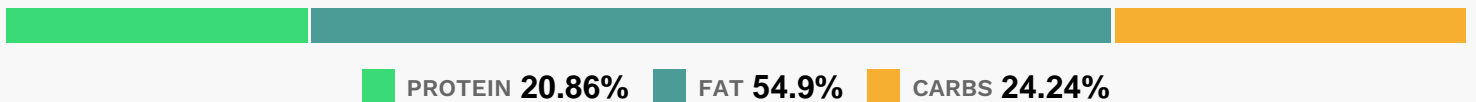
Equipment

- bowl
- dutch oven

Directions

- Place flour into a large bowl; toss corned beef cubes in flour to coat.
- Heat olive oil in a large heavy pot or Dutch oven over medium heat and brown corned beef cubes on all sides, about 10 minutes.
- Sprinkle the spice packet from the corned beef over the meat; mix in potatoes, parsnips, carrots, onion, water, stout beer, beef broth, and any unused flour; stir to combine. Bring to a boil.
- Reduce heat to low and simmer until corned beef is very tender and the stew has thickened, 2 to 2 1/2 hours.
- Mix cabbage into the stew and simmer until tender, about 15 minutes. Stir in vinegar.

Nutrition Facts



Properties

Glycemic Index:36.85, Glycemic Load:8.09, Inflammation Score:-10, Nutrition Score:36.458695826323%

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 Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 570.82kcal (28.54%), Fat: 34.9g (53.69%), Saturated Fat: 9.44g (58.98%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 27.49g (9.99%), Sugar: 8.44g (9.38%), Cholesterol: 91.85mg (30.62%), Sodium: 2272.85mg (98.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.84g (59.68%), Vitamin C: 103.34mg (125.26%), Vitamin A: 5463.38IU (109.27%), Vitamin K: 105.92µg (100.88%), Selenium: 35.85µg (51.21%), Vitamin B12: 3.05µg (50.9%), Vitamin B6: 0.88mg (43.76%), Vitamin B3: 8.63mg (43.15%), Potassium: 1358.19mg (38.81%), Zinc: 5.67mg (37.81%), Phosphorus: 329.98mg (33%), Manganese: 0.63mg (31.44%), Fiber: 7.18g (28.73%), Folate: 113.86µg (28.47%), Iron: 4.71mg (26.15%), Vitamin B2: 0.41mg (24.19%), Vitamin B1: 0.31mg (20.68%), Copper: 0.4mg (19.87%), Magnesium: 73.42mg (18.35%), Vitamin B5: 1.78mg (17.81%), Vitamin E: 2.19mg (14.58%), Calcium: 96.42mg (9.64%)