



HEALTH SCORE

60%

Sarah's Slow-Cooker Corned Beef and Cabbage



Gluten Free



Very Healthy

READY IN



455 min.

SERVINGS



8

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons pickling spice
- ☐ 1 pound carrots cut into 4-inch pieces
- ☐ 2 stalks celery cut into halves
- ☐ 4 pound corned beef brisket raw lean
- ☐ 0.3 cup horseradish grated drained
- ☐ 1 onion sliced
- ☐ 1.3 pounds potatoes red quartered

- ☐ 1 head savoy cabbage cut into 6 wedges
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 8 servings water hot as needed

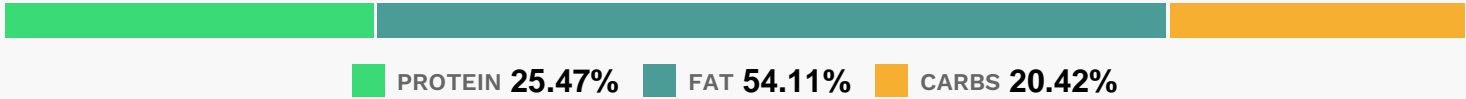
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Place the corned beef into the bottom of a large slow cooker.
- ☐ Scatter the pickling spice over the brisket.
- ☐ Layer the celery, carrots, potatoes, and onion atop the brisket, respectively.
- ☐ Pour the stout beer into the slow cooker.
- ☐ Add enough hot water to the slow cooker to cover the brisket by at least 1 inch.
- ☐ Cook on High until the brisket reaches the desired consistency, 7 to 8 hours.
- ☐ Remove the brisket and vegetables from the slow cooker to a large bowl; cover with aluminum foil to keep warm.
- ☐ Remove 1 cup of the liquid in the slow cooker; pour into a small pot over medium heat. Cook the liquid until the volume is reduced by about half, about 10 minutes.
- ☐ Transfer the reduced liquid to a small bowl; stir the horseradish and sour cream into the liquid to make a sauce.
- ☐ Submerge the cabbage wedges in the liquid remaining in the slow cooker; cook until the cabbage softens yet retains some crispiness, 20 to 30 minutes.
- ☐ Remove the cabbage to a platter. Ladle remaining liquid from the slow cooker into a bowl.
- ☐ Slice the brisket across the grain.
- ☐ Serve with the vegetable mixture, cabbage, horseradish sauce, and liquid from the slow cooker.

Nutrition Facts



Properties

Glycemic Index:22.23, Glycemic Load:3.56, Inflammation Score:-10, Nutrition Score:42.750000331713%

Flavonoids

Apigenin: 1.06mg, Apigenin: 1.06mg, Apigenin: 1.06mg, Apigenin: 1.06mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 597.66kcal (29.88%), Fat: 36.34g (55.9%), Saturated Fat: 11.86g (74.11%), Carbohydrates: 30.86g (10.29%), Net Carbohydrates: 21.5g (7.82%), Sugar: 8.23g (9.14%), Cholesterol: 128.12mg (42.71%), Sodium: 2910.23mg (126.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.48g (76.96%), Vitamin A: 10801.5IU (216.03%), Vitamin C: 109.58mg (132.83%), Vitamin K: 124.67µg (118.74%), Vitamin B12: 4.06µg (67.62%), Selenium: 45.51µg (65.01%), Vitamin B6: 1.16mg (58.16%), Vitamin B3: 10.36mg (51.81%), Zinc: 7.46mg (49.74%), Potassium: 1588.77mg (45.39%), Phosphorus: 400.66mg (40.07%), Iron: 7.11mg (39.49%), Folate: 150.5µg (37.62%), Fiber: 9.36g (37.44%), Manganese: 0.75mg (37.36%), Vitamin B2: 0.5mg (29.52%), Magnesium: 109.12mg (27.28%), Copper: 0.53mg (26.45%), Calcium: 199.14mg (19.91%), Vitamin B5: 1.99mg (19.9%), Vitamin B1: 0.29mg (19.47%), Vitamin E: 1.65mg (11.01%)