



Slow Cooked Corned Beef and Cabbage

 **Gluten Free**  **Dairy Free**

READY IN



500 min.

SERVINGS



10

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 3.5 cups beef broth
- 10 peppercorns black
- 5 medium carrots cut into 2-inch pieces (2 1/2 cups)
- 0.3 cup apple cider vinegar
- 3 pounds corned beef brisket
- 5 garlic clove
- 1 head cabbage green trimmed cut into 6 wedges (2 pounds)

- 2 medium onion cut into quarters
- 5 medium potatoes peeled cut into quarters (5 cups)
- 2 sprigs thyme leaves

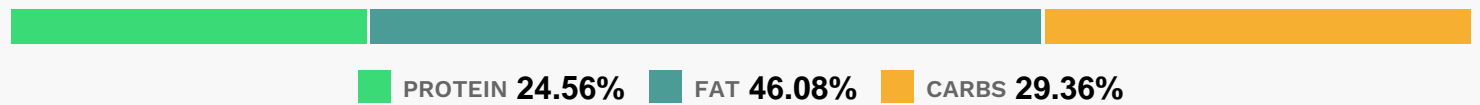
Equipment

- slow cooker

Directions

- Stir the broth and vinegar into a 6–quart slow cooker.
- Add the onions, potatoes, carrots, beef and cabbage. Submerge the Bouquet Garni (last four ingredients) in the broth mixture. Cover and cook on LOW for 8 to 9 hours or until the beef is fork–tender.
- Remove the Bouquet Garni.

Nutrition Facts



Properties

Glycemic Index:34.86, Glycemic Load:16.54, Inflammation Score:-10, Nutrition Score:30.667391304348%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 405.33kcal (20.27%), Fat: 20.76g (31.94%), Saturated Fat: 6.61g (41.32%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 23.82g (8.66%), Sugar: 6.15g (6.84%), Cholesterol: 73.48mg (24.49%), Sodium: 2013.8mg (87.56%), Protein: 24.89g (49.78%), Vitamin C: 95.18mg (115.37%), Vitamin A: 5198.3IU (103.97%), Vitamin K: 75.33µg (71.75%), Vitamin B6: 0.92mg (45.91%), Vitamin B12: 2.48µg (41.35%), Selenium: 27.4µg (39.14%), Vitamin B3: 7.31mg (36.56%), Potassium: 1194.99mg (34.14%), Zinc: 4.49mg (29.91%), Phosphorus: 274.66mg (27.47%), Fiber: 5.93g (23.72%), Manganese: 0.47mg (23.68%), Iron: 3.93mg (21.82%), Vitamin B2: 0.33mg (19.3%), Folate: 74.73µg (18.68%), Magnesium: 63.17mg (15.79%), Vitamin B1: 0.23mg (15.62%), Copper: 0.31mg (15.59%), Vitamin

B5: 1.42mg (14.22%), Calcium: 83.34mg (8.33%), Vitamin E: 0.35mg (2.37%)