



Slow-Cooked Corned Beef Dinner

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

READY IN



740 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 medium carrots 1-inch-thick cut into slices (3 cups)
- 4 medium potatoes unpeeled cut into 1-inch pieces (4 cups)
- 1 large onion cut into thin wedges
- 2 lb corned beef brisket
- 5 cups water
- 0.3 teaspoon pepper black
- 6 cloves whole
- 1 bay leaves dried

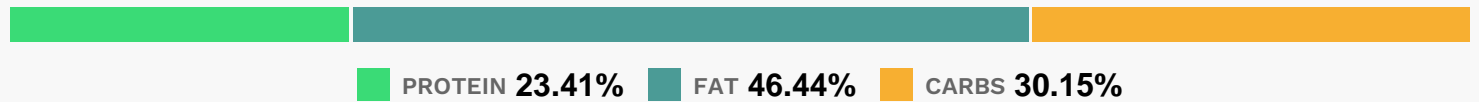
Equipment

- bowl
- slotted spoon
- slow cooker

Directions

- In 5- to 6-quart slow cooker, mix carrots, potatoes and onion.
- If necessary, cut corned beef brisket to fit into slow cooker; place over vegetables.
- Add enough of the water to cover. If brisket is packaged with spice packet, add contents of spice packet and omit pepper, cloves and bay leaf. If not, add pepper, cloves and bay leaf.
- Cover; cook on Low setting 10 to 12 hours.
- Remove and discard bay leaf.
- Remove brisket from slow cooker; place on serving platter.
- Cut brisket into thin slices. With slotted spoon, place vegetables in serving bowl.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:20.62, Inflammation Score:-10, Nutrition Score:28.136086899301%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 444.53kcal (22.23%), Fat: 22.86g (35.17%), Saturated Fat: 7.23g (45.18%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 28.04g (10.2%), Sugar: 5.06g (5.63%), Cholesterol: 81.65mg (27.22%), Sodium: 1902.12mg (82.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.93g (51.86%), Vitamin A: 10195.81IU (203.92%), Vitamin C: 74.25mg (90.01%), Vitamin B6: 0.97mg (48.64%), Vitamin B12: 2.69µg (44.86%), Selenium: 29.36µg

(41.94%), Vitamin B3: 7.66mg (38.32%), Potassium: 1281.81mg (36.62%), Zinc: 4.94mg (32.91%), Phosphorus: 286.8mg (28.68%), Manganese: 0.5mg (24.96%), Iron: 3.94mg (21.87%), Fiber: 5.35g (21.4%), Copper: 0.39mg (19.52%), Vitamin B2: 0.33mg (19.15%), Magnesium: 66.3mg (16.57%), Vitamin B1: 0.23mg (15.39%), Vitamin B5: 1.48mg (14.82%), Folate: 46.71µg (11.68%), Vitamin K: 11.27µg (10.73%), Calcium: 61.19mg (6.12%), Vitamin E: 0.44mg (2.94%)