



Slow Cooked Corned Beef for Sandwiches

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

READY IN



255 min.

SERVINGS



15

CALORIES



390 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bay leaves
- 24 fluid ounce beer
- 6 pound corned beef briskets with spice packets
- 1 bulb garlic cloves separated peeled
- 0.3 cup peppercorns

Equipment

- pot
- cutting board

Directions

- Place the corned beef briskets into a large pot.
- Sprinkle in one of the spice packets, and discard the other one or save for other uses.
- Pour in the beer, and fill the pot with enough water to cover the briskets by 1 inch.
- Add the bay leaves, peppercorns and garlic cloves. Cover, and bring to a boil.
- Once the liquid comes to a boil, reduce the heat to medium-low, and simmer for 4 to 5 hours, checking hourly, and adding more water if necessary to keep the meat covered.
- Carefully remove the meat from the pot, as it will be extremely tender. Set on a cutting board, and allow it to rest until it firms up a bit, about 10 minutes. Slice or shred to serve. I discard the cooking liquid, but it can be used to cook cabbage and other vegetables if desired.

Nutrition Facts

PROTEIN 29.35% **FAT 65.77%** **CARBS 4.88%**

Properties

Glycemic Index:6.83, Glycemic Load:1.19, Inflammation Score:-4, Nutrition Score:18.301739287117%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 389.83kcal (19.49%), Fat: 27.16g (41.79%), Saturated Fat: 8.64g (53.98%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 3.53g (1.28%), Sugar: 0.03g (0.03%), Cholesterol: 97.98mg (32.66%), Sodium: 2210.81mg (96.12%), Alcohol: 1.85g (100%), Alcohol %: 1% (100%), Protein: 27.28g (54.55%), Vitamin C: 49.06mg (59.46%), Vitamin B12: 3.24µg (53.98%), Selenium: 34.98µg (49.97%), Zinc: 5.23mg (34.84%), Vitamin B3: 6.93mg (34.65%), Vitamin B6: 0.56mg (28.11%), Manganese: 0.55mg (27.37%), Phosphorus: 225.46mg (22.55%), Iron: 3.47mg (19.27%), Vitamin B2: 0.3mg (17.89%), Potassium: 604.92mg (17.28%), Copper: 0.25mg (12.75%), Vitamin B5: 1.11mg (11.1%), Magnesium: 35.05mg (8.76%), Vitamin K: 6.46µg (6.15%), Vitamin B1: 0.09mg (5.67%), Fiber: 1.01g (4.02%), Calcium: 32.53mg (3.25%), Folate: 12.61µg (3.15%)