



HEALTH SCORE

88%

Slow Cooker Corned Beef and Cabbage



Very Healthy

READY IN



555 min.

SERVINGS



4

CALORIES



1313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium head cabbage cut into 6 wedges
- ☐ 4 carrots
- ☐ 2 stalks celery halved
- ☐ 4 pound corned beef brisket
- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup horseradish prepared drained
- ☐ 1 dash hot sauce
- ☐ 1 medium onion cut in 4 wedges

- ☐ 1 tablespoon pickling spices with the brisket
- ☐ 4 to 6 potatoes red quartered
- ☐ 4 servings salt and pepper to tast
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 12 ounce porter dark

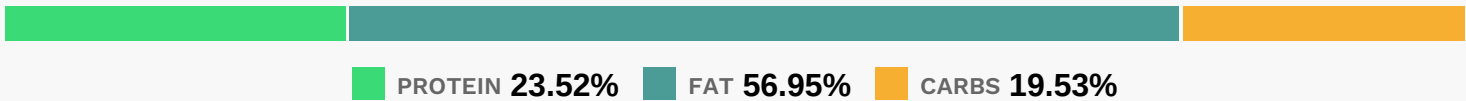
Equipment

- ☐ pot
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ For serving: grainy mustard and horseradish sauce, recipe below
- ☐ Place celery, carrots, onion and potatoes in the bottom of a large slow-cooker or crock pot. Rinse the corned beef brisket and place over vegetables.
- ☐ Add the bottle of stout, spices and enough water to just cover the meat. Cover and cook on LOW for eight to nine hours.
- ☐ Remove the meat and vegetables from the pot and cover with foil to keep warm. Increase heat to high and cook cabbage until softened but still crispy, 20 to 30 minutes.
- ☐ Slice brisket across the grain, serve with vegetables, mustard and horseradish sauce. Pass extra cooking liquid at the table.
- ☐ Whip cream to soft peaks and then fold in sour cream and horseradish, to taste. Season with salt, pepper and a dash of hot sauce.;

Nutrition Facts



Properties

Glycemic Index:49.96, Glycemic Load:6.42, Inflammation Score:-10, Nutrition Score:62.0630434907%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 1313.47kcal (65.67%), Fat: 82.08g (126.28%), Saturated Fat: 29.99g (187.45%), Carbohydrates: 63.33g (21.11%), Net Carbohydrates: 50.72g (18.45%), Sugar: 16.89g (18.77%), Cholesterol: 287.04mg (95.68%), Sodium: 5929.7mg (257.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.27g (152.54%), Vitamin C: 234.77mg (284.57%), Vitamin A: 11053.7IU (221.07%), Vitamin K: 194.08µg (184.84%), Vitamin B12: 8.15µg (135.86%), Selenium: 90.09µg (128.7%), Vitamin B6: 2.12mg (106.07%), Vitamin B3: 20.41mg (102.04%), Zinc: 14.52mg (96.78%), Potassium: 3088.44mg (88.24%), Phosphorus: 788.31mg (78.83%), Iron: 10.78mg (59.88%), Vitamin B2: 1.01mg (59.28%), Fiber: 12.61g (50.44%), Folate: 193.79µg (48.45%), Manganese: 0.96mg (48.15%), Copper: 0.9mg (44.78%), Vitamin B5: 4.05mg (40.49%), Magnesium: 159.47mg (39.87%), Vitamin B1: 0.57mg (38.31%), Calcium: 230.9mg (23.09%), Vitamin E: 1.15mg (7.69%), Vitamin D: 0.48µg (3.17%)