



## Slow-Cooker Corned Beef and Cabbage

 Gluten Free  Dairy Free  Popular

READY IN



650 min.

SERVINGS



8

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 medium potatoes – remove skin red unpeeled cut into 1-inch pieces
- 4 medium carrots cut into 1-inch pieces
- 1 medium onion cut into 6 wedges
- 1 corned beef brisket with seasoning packet (2 to 2 1/2 lb)
- 12 oz beer canned
- 1 serving water
- 8 lime wedges thin
- 0.3 cup apple sauce

- 2 tablespoons dijon mustard

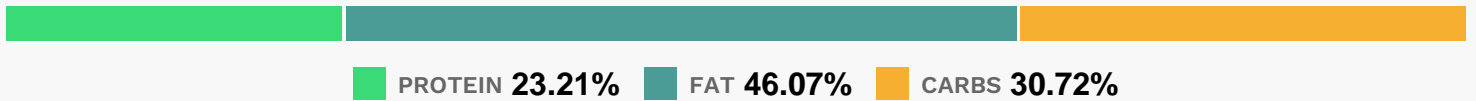
## Equipment

- bowl
- slotted spoon
- slow cooker

## Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In cooker, place potatoes, carrots and onion. Top with corned beef; sprinkle with contents of seasoning packet.
- Add beer and enough water to just cover corned beef.
- Cover; cook on Low heat setting 10 to 12 hours.
- Remove corned beef from cooker; place on serving platter and cover to keep warm.
- Add cabbage wedges to vegetables and broth in cooker. Increase heat setting to High. Cover; cook 30 to 35 minutes longer or until cabbage is crisp-tender.
- Meanwhile, in small bowl, mix sauce ingredients.
- To serve, cut corned beef across grain into thin slices. With slotted spoon, remove vegetables from cooker. If desired, skim fat from juices in cooker.
- Serve vegetables with juices and corned beef with sauce.

## Nutrition Facts



## Properties

Glycemic Index:22.29, Glycemic Load:2.32, Inflammation Score:-10, Nutrition Score:21.393912973611%

## Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg

Kaempferol: 0.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 344.48kcal (17.22%), Fat: 17.17g (26.41%), Saturated Fat: 5.39g (33.68%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 22.11g (8.04%), Sugar: 4.48g (4.97%), Cholesterol: 60.75mg (20.25%), Sodium: 1454.83mg (63.25%), Alcohol: 1.66g (100%), Alcohol %: 0.58% (100%), Protein: 19.46g (38.91%), Vitamin A: 5116.93IU (102.34%), Vitamin C: 47.68mg (57.79%), Selenium: 23.63µg (33.76%), Vitamin B12: 2.01µg (33.52%), Vitamin B6: 0.6mg (29.89%), Vitamin B3: 5.94mg (29.69%), Potassium: 977.48mg (27.93%), Zinc: 3.71mg (24.72%), Phosphorus: 224.88mg (22.49%), Iron: 2.99mg (16.63%), Copper: 0.31mg (15.45%), Vitamin B2: 0.25mg (14.71%), Fiber: 3.65g (14.59%), Manganese: 0.26mg (12.82%), Magnesium: 50.17mg (12.54%), Vitamin B1: 0.18mg (11.85%), Vitamin B5: 1.11mg (11.09%), Folate: 37.69µg (9.42%), Vitamin K: 7.37µg (7.02%), Calcium: 42.95mg (4.29%), Vitamin E: 0.28mg (1.86%)