



Slow-Cooker Corned Beef Brisket with Horseradish Sour Cream

 Gluten Free

READY IN



490 min.

SERVINGS



8

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large onion sweet spanish sliced (Bermuda, Maui or)
- 3 lb corned beef brisket
- 0.8 teaspoon pepper red crushed
- 1 cup chicken broth reduced-sodium
- 1 tablespoon worcestershire sauce
- 0.5 cup cream sour
- 1 tablespoon horseradish cream-style prepared

2 tablespoons parsley fresh chopped

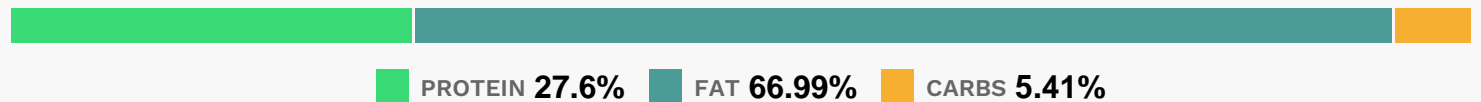
Equipment

- bowl
- slotted spoon
- slow cooker

Directions

- In 5- to 6-quart slow cooker, place onion. Thoroughly rinse beef; discard seasoning packet.
- Place beef on onion; sprinkle with red pepper flakes. In small bowl, mix broth and Worcestershire sauce; pour over beef.
- Cover and cook on Low heat setting 8 to 9 hours or until beef is tender.
- Remove beef and onion from cooker, using slotted spoon.
- Cut beef across grain into thin slices. In small bowl, stir sour cream, horseradish and parsley until blended.
- Serve with beef and onion.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:17.676956360755%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 386.64kcal (19.33%), Fat: 28.39g (43.68%), Saturated Fat: 9.56g (59.74%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.63g (1.68%), Sugar: 2.99g (3.32%), Cholesterol: 100.33mg (33.44%), Sodium: 2125.83mg (92.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.32g (52.64%), Vitamin C: 50.12mg (60.75%),

Vitamin B12: 3.09µg (51.46%), Selenium: 33.16µg (47.37%), Vitamin B3: 6.76mg (33.78%), Zinc: 5.02mg (33.45%),
Vitamin B6: 0.56mg (28.11%), Phosphorus: 232.96mg (23.3%), Vitamin B2: 0.31mg (18.49%), Iron: 3.27mg (18.16%),
Potassium: 628.57mg (17.96%), Vitamin K: 16.98µg (16.17%), Copper: 0.24mg (11.83%), Vitamin B5: 1.07mg (10.66%),
Magnesium: 30.83mg (7.71%), Vitamin B1: 0.1mg (6.4%), Folate: 21.69µg (5.42%), Vitamin A: 231.52IU (4.63%),
Calcium: 41.2mg (4.12%), Manganese: 0.07mg (3.71%), Fiber: 0.53g (2.13%)