



Slow-Cooker Cranberry Corned Beef

READY IN



555 min.

SERVINGS



10

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 large carrots cut into 3-inch pieces
- 1 large onion cut into 6 wedges
- 1 corned beef brisket with spice packet (4 lb), trimmed of fat
- 14 oz roasted cranberry sauce whole canned
- 14 oz roasted cranberry sauce canned
- 2 oz onion soup mix (2 packages)
- 0.5 cup cream sour
- 4 teaspoons horseradish prepared
- 2 tablespoons parsley fresh chopped

0.3 teaspoon pepper freshly ground

Equipment

bowl

slow cooker

Directions

Spray 5-quart slow cooker with cooking spray. In slow cooker, place carrots and onion. Top with beef.

Sprinkle with spices from packet. In medium bowl, mix both cranberry sauces and soup mix; spoon over beef.

Cover; cook on High heat setting 1 hour. Reduce heat setting to Low; cook 8 hours longer or until beef is tender.

In small bowl, mix sour cream and horseradish until blended. Cover; refrigerate until serving time.

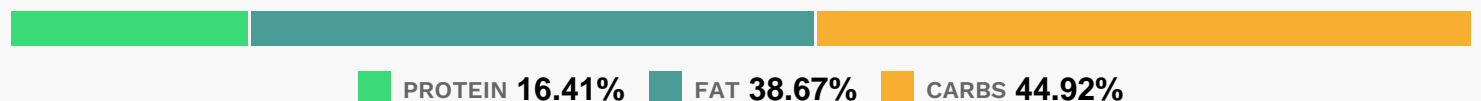
Remove beef from slow cooker to serving platter; cut across grain into thin slices. Spoon carrots and onion around beef.

Drizzle with cooking liquid, if desired.

Sprinkle with parsley and pepper.

Serve with horseradish sauce.

Nutrition Facts



Properties

Glycemic Index:17.28, Glycemic Load:1.52, Inflammation Score:-10, Nutrition Score:16.668260885322%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg,

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 365.93kcal (18.3%), Fat: 15.9g (24.47%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 38.96g (14.17%), Sugar: 28.41g (31.56%), Cholesterol: 55.38mg (18.46%), Sodium: 1592.48mg (69.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.37%), Vitamin A: 6188IU (123.76%), Vitamin C: 30.19mg (36.59%), Vitamin B12: 1.63µg (27.1%), Selenium: 18.3µg (26.14%), Vitamin B3: 3.86mg (19.29%), Vitamin B6: 0.38mg (18.99%), Zinc: 2.83mg (18.85%), Vitamin K: 19.4µg (18.48%), Phosphorus: 147.29mg (14.73%), Potassium: 491.9mg (14.05%), Vitamin B2: 0.22mg (12.89%), Iron: 2.13mg (11.82%), Fiber: 2.62g (10.46%), Manganese: 0.19mg (9.28%), Copper: 0.17mg (8.34%), Vitamin B5: 0.72mg (7.23%), Vitamin E: 1.04mg (6.91%), Vitamin B1: 0.1mg (6.69%), Magnesium: 25.58mg (6.4%), Calcium: 46.18mg (4.62%), Folate: 18.04µg (4.51%)