



Slow-Cooker Old-World Corned Beef and Vegetables

 Gluten Free  Dairy Free

READY IN



555 min.

SERVINGS



10

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds baby potatoes cut in half (8)
- ☐ 2 cups baby carrots
- ☐ 1 cup onion whole frozen thawed
- ☐ 3 pounds corned beef brisket
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup water
- ☐ 1 tablespoon worcestershire sauce

- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons water cold

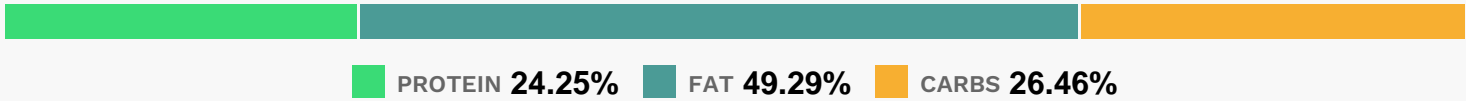
Equipment

- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Mix potatoes, carrots and onions in 4- to 6-quart slow cooker.
- ☐ Thoroughly rinse corned beef; discard seasoning packet.
- ☐ Place beef on vegetables; sprinkle with pepper.
- ☐ Mix 1/2 cup water and the Worcestershire sauce; pour over beef.
- ☐ Cover and cook on low heat setting 8 to 9 hours or until beef and vegetables are tender.
- ☐ Remove beef and vegetables from slow cooker; cover to keep warm.
- ☐ Pour juices from slow cooker into 1-quart saucepan; heat to boiling.
- ☐ Mix cornstarch and cold water until smooth; stir into juices. Cook, stirring constantly, until sauce has thickened.
- ☐ Serve sauce with beef and vegetables. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer’s directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:14.27, Glycemic Load:14.84, Inflammation Score:-10, Nutrition Score:21.948261078933%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 376.53kcal (18.83%), Fat: 20.43g (31.43%), Saturated Fat: 6.48g (40.49%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 21.15g (7.69%), Sugar: 2.95g (3.28%), Cholesterol: 73.48mg (24.49%), Sodium: 1706.4mg (74.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.22%), Vitamin C: 61.15mg (74.12%), Vitamin A: 3534.31IU (70.69%), Vitamin B12: 2.42µg (40.37%), Vitamin B6: 0.78mg (38.77%), Selenium: 26.54µg (37.91%), Vitamin B3: 6.35mg (31.74%), Zinc: 4.28mg (28.56%), Potassium: 979.54mg (27.99%), Phosphorus: 236.82mg (23.68%), Iron: 3.54mg (19.68%), Vitamin B2: 0.27mg (15.63%), Copper: 0.31mg (15.53%), Fiber: 3.52g (14.09%), Manganese: 0.26mg (13.18%), Magnesium: 49.73mg (12.43%), Vitamin B5: 1.23mg (12.34%), Vitamin B1: 0.17mg (11.03%), Folate: 35.04µg (8.76%), Vitamin K: 4.68µg (4.46%), Calcium: 37.4mg (3.74%)