

health-score100%

HEALTH SCORE

Spicy and Tender Corned Beef

Gluten FreeVery Healthy

READY IN

ready

210 min.

SERVINGS

servings

1

CALORIES

calories

2793 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound round-cut corned beef roast with spice packet
- ☐ 1 tablespoon butter to taste
- ☐ 16 ounce carrots cut into 2-inch pieces
- ☐ 1 tablespoon mustard dry
- ☐ 3 cloves garlic cut into slivers
- ☐ 1 head cabbage green cored cut into wedges
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 16 ounce potatoes red

☐ 3 cloves or whole to taste

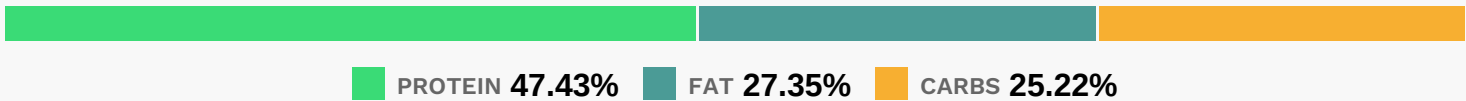
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ roasting pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Pour beer into a roasting pan and add contents of corned beef seasoning packet, dry mustard, salt, and black pepper to the beer. Stir to combine. Use a sharp knife to pierce corned beef all over; insert garlic slivers into holes. Push whole cloves into meat.
- ☐ Lay the corned beef into the roasting pan.
- ☐ Bake in the preheated oven for 1 hour; scatter carrots around corned beef and roast for about 1 1/2 hour more. Distribute red potatoes around the meat and roast until corned beef and vegetables are tender, about 40 minutes more.
- ☐ Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil.
- ☐ Add cabbage wedges, cover, and steam until tender, about 10 minutes.
- ☐ Transfer to a platter and season with salt and black pepper.
- ☐ Let butter melt over the hot cabbage.
- ☐ Cut visible fat from corned beef and serve with cabbage, carrots, and potatoes.

Nutrition Facts



Properties

Glycemic Index:202.83, Glycemic Load:28.44, Inflammation Score:-10, Nutrition Score:89.146086817202%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 2793.4kcal (139.67%), Fat: 84.46g (129.93%), Saturated Fat: 31.2g (194.97%), Carbohydrates: 175.22g (58.41%), Net Carbohydrates: 130.03g (47.28%), Sugar: 57.05g (63.39%), Cholesterol: 873.78mg (291.26%), Sodium: 1420.89mg (61.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 329.48g (658.97%), Vitamin A: 77056.92IU (1541.14%), Vitamin K: 785.37µg (747.97%), Vitamin B6: 11.56mg (578.03%), Selenium: 398.59µg (569.41%), Vitamin B3: 104.19mg (520.96%), Vitamin C: 401.41mg (486.56%), Vitamin B12: 25.2µg (419.97%), Zinc: 61.44mg (409.61%), Phosphorus: 3675.57mg (367.56%), Potassium: 9822.23mg (280.64%), Manganese: 5.07mg (253.5%), Iron: 38.14mg (211.87%), Folate: 747.97µg (186.99%), Fiber: 45.2g (180.79%), Vitamin B2: 2.98mg (175.52%), Vitamin B1: 2.57mg (171.07%), Magnesium: 626.14mg (156.53%), Copper: 2.4mg (120.12%), Vitamin B5: 10.5mg (105.04%), Calcium: 874.47mg (87.45%), Vitamin E: 9.44mg (62.91%)