



St Patrick's Day Casserole

READY IN



80 min.

SERVINGS



8

CALORIES



368 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 4 cups cabbage chopped
- ☐ 1.5 pounds corned beef ribs cooked cut into 3/4-inch cubes
- ☐ 1 teaspoon garlic powder
- ☐ 2 teaspoons ground pepper black
- ☐ 0.3 cup mustard coarse-grained
- ☐ 4 sheets phyllo dough thawed
- ☐ 1.3 pounds potatoes red cut into 3/4-inch cubes
- ☐ 1.5 cups swiss cheese shredded

☐ 0.5 cup white wine

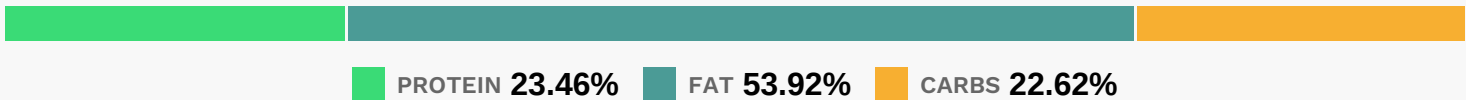
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place red potato cubes into a large saucepan, cover with water, and bring to a boil. Cook potatoes over medium-low heat until tender, about 15 minutes; drain well.
- ☐ Place chopped cabbage into a saucepan and cover with water; bring to a boil. Reduce heat to medium-low and simmer the cabbage until tender and softened, about 15 minutes; drain well.
- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Spray a 9x13-inch baking dish with cooking spray.
- ☐ Lightly toss potatoes, cabbage, corned beef, and Swiss cheese in a large bowl until well combined.
- ☐ Stir together mustard, white wine, garlic powder, and black pepper in a bowl until smooth; mix into corned beef mixture.
- ☐ Spread the mixture into the prepared baking dish.
- ☐ Lay a phyllo sheet onto a work surface and spray with cooking spray.
- ☐ Place the phyllo sheet onto the casserole, folding the overhang back over the dish; spray the dry side of the overhang with more cooking spray.
- ☐ Repeat three more times, spraying, folding, and respraying the phyllo sheet each time.
- ☐ Brush the top of last sheet with melted butter.
- ☐ Bake in the preheated oven until phyllo sheets are crisp and browned and the casserole is hot, 45 to 55 minutes.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:2.58, Inflammation Score:-5, Nutrition Score:18.277826262557%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 368.42kcal (18.42%), Fat: 21.44g (32.99%), Saturated Fat: 8.82g (55.11%), Carbohydrates: 20.24g (6.75%), Net Carbohydrates: 17.37g (6.32%), Sugar: 2.36g (2.62%), Cholesterol: 68.52mg (22.84%), Sodium: 1263.9mg (54.95%), Alcohol: 1.54g (100%), Alcohol %: 0.79% (100%), Protein: 21g (41.99%), Vitamin C: 41.91mg (50.81%), Selenium: 28.6µg (40.86%), Vitamin B12: 2.13µg (35.47%), Phosphorus: 291.87mg (29.19%), Vitamin K: 30.33µg (28.89%), Zinc: 3.76mg (25.04%), Vitamin B6: 0.45mg (22.5%), Vitamin B3: 4.49mg (22.46%), Calcium: 219.13mg (21.91%), Potassium: 693.73mg (19.82%), Manganese: 0.35mg (17.37%), Vitamin B2: 0.27mg (16.14%), Iron: 2.73mg (15.14%), Vitamin B1: 0.19mg (12.77%), Magnesium: 47.47mg (11.87%), Copper: 0.23mg (11.56%), Fiber: 2.87g (11.47%), Folate: 43.43µg (10.86%), Vitamin B5: 0.92mg (9.22%), Vitamin A: 261.17IU (5.22%), Vitamin E: 0.27mg (1.82%)