



Stout Slow Cooker Corned Beef and Veggies



Gluten Free



Dairy Free

READY IN



390 min.

SERVINGS



16

CALORIES



406 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups brown sugar
- ☐ 1 head cabbage cored coarsely chopped
- ☐ 6 large carrots chopped
- ☐ 4 pound corned beef brisket
- ☐ 3 potatoes red cut into chunks
- ☐ 2 large onions sweet chopped
- ☐ 3 sweet potatoes cut into chunks

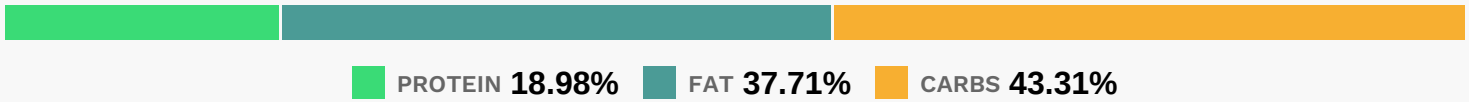
Equipment

☐ slow cooker

Directions

- ☐ Pour 1 bottle Irish stout beer into a slow cooker.
- ☐ Rinse corned beef brisket and pat dry. Rub with brown sugar, including the bottom, and gently place brisket into the slow cooker with the stout beer.
- ☐ Arrange sweet potatoes, cabbage, onion, carrots, and red potatoes on and around the brisket in the slow cooker.
- ☐ Pour remaining 1/2 bottle Irish stout beer on and around brisket and vegetables to moisten the brown sugar. Cover the cooker and cook on Low until corned beef is tender, 6 to 8 hours. Allow brisket to stand 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:5.89, Inflammation Score:-10, Nutrition Score:24.48739098466%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 405.8kcal (20.29%), Fat: 17.13g (26.35%), Saturated Fat: 5.41g (33.83%), Carbohydrates: 44.27g (14.76%), Net Carbohydrates: 39.77g (14.46%), Sugar: 27.47g (30.52%), Cholesterol: 61.24mg (20.41%), Sodium: 1448.48mg (62.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.8%), Vitamin A: 10581.19IU (211.62%), Vitamin C: 59.42mg (72.02%), Vitamin K: 48.74µg (46.42%), Vitamin B12: 2.02µg (33.64%), Vitamin B6: 0.66mg (32.76%), Selenium: 22.65µg (32.36%), Vitamin B3: 5.32mg (26.61%), Potassium: 920.85mg (26.31%), Zinc: 3.72mg (24.78%), Phosphorus: 213.16mg (21.32%), Manganese: 0.36mg (18.12%), Fiber: 4.5g (17.99%), Iron: 3.07mg (17.05%), Vitamin B2: 0.26mg (15.46%), Copper: 0.3mg (14.9%), Folate: 56.77µg (14.19%), Vitamin B5: 1.36mg (13.59%), Magnesium: 50.89mg (12.72%), Vitamin B1: 0.18mg (12.24%), Calcium: 81.65mg (8.16%), Vitamin E: 0.39mg (2.57%)