

Instant Pot Corned Beef and Cabbage

Yield: 6 min
Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/corned-beef-in-instant-pot-recipes>

Ingredients:

- 4 pounds corned beef preferably flat-cut
- 1 medium onion
- 2 tablespoons pickling spices mixed
- 2 bay leaves
- 1 1/2 pounds potatoes red-skinned or fingerlings
- 1 pound carrots
- 1 head cabbage
- parsley Garnish:, optional
- whole grain mustard Optional:, for serving

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 165 milligrams
4. Fat: 45 grams
5. Fiber: 8 grams
6. Protein: 50 grams
7. SaturatedFat: 15 grams
8. Sodium: 3800 milligrams
9. Sugar: 6 grams

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