

Classic Irish Boiled Dinner

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/new-year-s-boiled-cabbage-recipe>

Ingredients:

- 3 pounds pork shoulder smoked
- salt
- pepper
- 2 onions large, quartered
- 6 potatoes peeled
- 8 ounces carrots cut in half
- 1 head cabbage quartered
- 1 pound fresh green beans trimmed

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 150 milligrams
4. Fat: 16 grams
5. Fiber: 12 grams
6. Protein: 54 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 370 milligrams
9. Sugar: 8 grams

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