



20 Clove Brisket

 **Gluten Free**  **Dairy Free**

READY IN



320 min.

SERVINGS



8

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots
- 3 pound cuts beef brisket
- 2 cups beef broth (approximate)
- 1 teaspoon peppercorns black
- 2 tablespoons canola oil
- 1 stalk celery chopped
- 20 cloves garlic
- 1 tablespoons garlic infused olive oil

- 1 tablespoon oriental mustard dry hot
- 6 slices onion thick (1/2-inch)
- 1 tablespoon salt
- 2 cups merlot red wine (approximate)
- 4 tablespoons worcestershire sauce

Equipment

- oven
- roasting pan
- ziploc bags
- dutch oven

Directions

- Preheat oven to 300 degrees F.
- In a large plastic bag add Worcestershire sauce, oils, dry hot mustard, salt, peppercorns and garlic.
- Mix and add brisket then seal making sure marinade covers all parts of the meat. Marinate for 2 hours. In a Dutch oven or roasting pan place 3 of the onion rings in a circle to form a trivet for the brisket (if using a roasting pan place all onion rings out in a single layer).
- Place the garlic in the spaces not occupied by the rings, then add one slab of brisket making sure to place it evenly on top of the rings.
- Add another layer of onion rings then the second slab of brisket (if using roasting pan, place brisket side by side in single layer on top of onions).
- Pour over the remaining marinade, the broth and wine in equal parts until the meat is just covered. Cover and cook for 3 hours adding the carrots and celery 30 minutes before the end of cooking. Check the brisket a few times while cooking and add salt, as needed, and broth and wine in equal parts if the level of the liquid falls below the meat. The brisket is done when it is tender to the fork and easy to pull apart.

Nutrition Facts



■ PROTEIN 42.78% ■ FAT 47.23% ■ CARBS 9.99%

Properties

Glycemic Index:21, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:21.924782400546%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 396kcal (19.8%), Fat: 18.08g (27.81%), Saturated Fat: 5g (31.25%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 7.5g (2.73%), Sugar: 2.6g (2.89%), Cholesterol: 105.46mg (35.15%), Sodium: 1381.48mg (60.06%), Alcohol: 6.36g (100%), Alcohol %: 2.32% (100%), Protein: 36.84g (73.67%), Vitamin B12: 4.18µg (69.59%), Zinc: 7.59mg (50.6%), Vitamin A: 2241.99IU (44.84%), Vitamin B6: 0.88mg (44.18%), Selenium: 30.43µg (43.47%), Phosphorus: 391.69mg (39.17%), Vitamin B3: 7.55mg (37.75%), Iron: 4.5mg (24.98%), Potassium: 844.57mg (24.13%), Vitamin B2: 0.35mg (20.78%), Manganese: 0.36mg (17.87%), Vitamin B1: 0.21mg (14%), Magnesium: 55.57mg (13.89%), Copper: 0.21mg (10.67%), Vitamin K: 10.15µg (9.67%), Vitamin E: 1.45mg (9.66%), Vitamin B5: 0.77mg (7.73%), Vitamin C: 4.8mg (5.82%), Folate: 22.95µg (5.74%), Calcium: 53.29mg (5.33%), Fiber: 1.1g (4.4%)