



HEALTH SCORE

54%

Asian-Inspired Brisket Sliders



Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



739 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon five spice powder
- ☐ 1 brisket fresh (not corned beef)
- ☐ 32 oz beef stock
- ☐ 2 medium carrots cut in half
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 6 cloves garlic
- ☐ 1 piece ginger peeled ()
- ☐ 1 bunch spring onion chopped

- ☐ 1 onion very thinly sliced
- ☐ 1 teaspoon sesame oil
- ☐ 15 oz slider buns (12 buns)
- ☐ 0.3 cup soya sauce

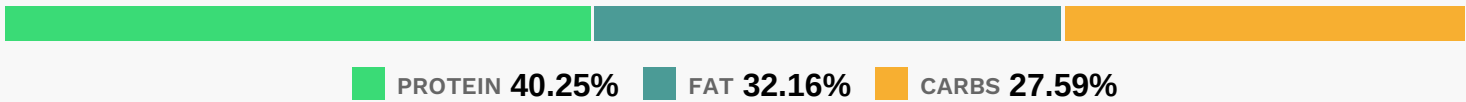
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In 6-quart Dutch oven, place beef, stock, soy sauce, brown sugar, onion, carrots, garlic and gingerroot. (The beef should be totally submerged. If not, add enough water to cover completely.) Cover and cook over medium-low heat about 3 hours or until beef flakes easily with a fork and is very tender.
- ☐ Remove beef, onion and garlic from Dutch oven. In large bowl, place onion. Slice meat and mash garlic; add to onion in bowl along with five-spice powder and sesame oil. Toss meat mixture until blended, adding a bit of the braising liquid to moisten as needed.
- ☐ Divide beef mixture evenly among slider buns; top with green onions.

Nutrition Facts



Properties

Glycemic Index:28.47, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:36.266956101293%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 738.52kcal (36.93%), Fat: 25.85g (39.77%), Saturated Fat: 8g (50.02%), Carbohydrates: 49.9g (16.63%), Net Carbohydrates: 46.07g (16.75%), Sugar: 16.84g (18.71%), Cholesterol: 187.45mg (62.48%), Sodium: 1276.93mg

(55.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.81g (145.63%), Vitamin B12: 7.35µg (122.45%), Zinc: 13.52mg (90.1%), Selenium: 52.21µg (74.59%), Vitamin B6: 1.48mg (73.92%), Vitamin B3: 14.04mg (70.21%), Phosphorus: 693.52mg (69.35%), Vitamin A: 3439.48IU (68.79%), Iron: 8.83mg (49.08%), Potassium: 1446.28mg (41.32%), Vitamin B2: 0.7mg (40.98%), Vitamin B1: 0.39mg (26.16%), Magnesium: 93.56mg (23.39%), Copper: 0.38mg (18.82%), Fiber: 3.82g (15.29%), Vitamin K: 15.26µg (14.53%), Vitamin B5: 1.23mg (12.25%), Manganese: 0.24mg (11.99%), Calcium: 110.74mg (11.07%), Folate: 36.79µg (9.2%), Vitamin E: 1.16mg (7.71%), Vitamin C: 4.44mg (5.39%)