

health-score 91%

HEALTH SCORE

Aunt Jinny's Tangy Beef Brisket

 Dairy Free  Very Healthy

READY IN

ready

140 min.

SERVINGS

servings

6

CALORIES

calories

666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby carrots
- ☐ 2 pounds brisket
- ☐ 2 ounce onion soup mix dry
- ☐ 15 gingersnap cookies crushed
- ☐ 1 onion chopped
- ☐ 15 small potatoes red cubed
- ☐ 2 cups water

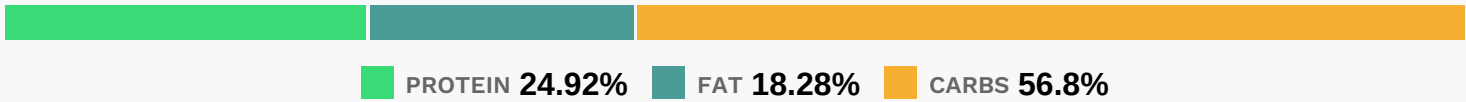
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place brisket in a 10x15 inch roasting pan.
- ☐ Add the crushed ginger snaps around the brisket. In a separate small bowl, combine the onion soup mix with the water.
- ☐ Mix well and pour over the brisket. Then pour the chili sauce over the brisket.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour.
- ☐ Add the carrots, potatoes and onion to the roasting pan around the brisket.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 more hour, adding water as needed when done to thin the sauce in the bottom of the pan.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:42.03260857126%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 666.14kcal (33.31%), Fat: 13.6g (20.93%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 95.12g (31.71%), Net Carbohydrates: 84.39g (30.69%), Sugar: 13.78g (15.31%), Cholesterol: 93.74mg (31.25%), Sodium: 1115.63mg (48.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.73g (83.47%), Vitamin A: 10456.95IU (209.14%), Potassium: 2767.32mg (79.07%), Vitamin B6: 1.53mg (76.55%), Phosphorus: 624.11mg (62.41%), Vitamin B12: 3.67µg (61.23%), Vitamin B3: 11.99mg (59.94%), Zinc: 8.29mg (55.26%), Manganese: 1.09mg (54.66%), Vitamin C: 40.19mg (48.72%), Iron: 7.95mg (44.19%), Copper: 0.87mg (43.63%), Fiber: 10.74g (42.95%), Selenium: 29.06µg (41.51%),

Vitamin B1: 0.59mg (39.2%), Magnesium: 152.7mg (38.18%), Folate: 126.2µg (31.55%), Vitamin B2: 0.5mg (29.3%),
Vitamin B5: 2.19mg (21.88%), Vitamin K: 22.04µg (20.99%), Calcium: 107.82mg (10.78%), Vitamin E: 0.71mg (4.75%)