



HEALTH SCORE

100%

Baked Brisket



Dairy Free



Very Healthy

READY IN



380 min.

SERVINGS



1

CALORIES



5934 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 pounds brisket
- ☐ 2 bunches cilantro leaves
- ☐ 1 tablespoon flour all-purpose
- ☐ 20 cloves garlic
- ☐ 3 onions thinly sliced
- ☐ 1.3 cups red wine vinegar

Equipment

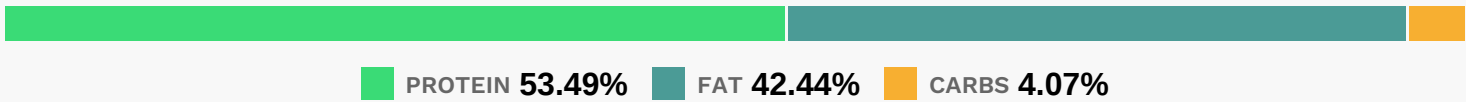
- ☐ oven

- ☐ blender
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Trim the excess fat from the brisket. Poke a lot of holes all over brisket with a skewer. Briskets are usually long, so cut meat in half so that it will fit into a large, resealable bag with the marinade.
- ☐ In a blender, combine garlic, cilantro, and vinegar. Blend until smooth.
- ☐ Pour marinade into resealable bag with the meat. Marinate in the refrigerator for 24 hours.
- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Shake flour into largest size oven cooking bag.
- ☐ Place brisket into bag. Close bag and pierce as instructed on package.
- ☐ Layer the onions on top of the brisket, inside of the bag.
- ☐ Place on baking pan in the center of the oven.
- ☐ Bake in preheated oven until tender, about 6 hours. Slice thinly across the grain to serve.

Nutrition Facts



Properties

Glycemic Index:164, Glycemic Load:16.57, Inflammation Score:-10, Nutrition Score:78.76739137069%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 76.5mg, Quercetin: 76.5mg, Quercetin: 76.5mg, Quercetin: 76.5mg

Nutrients (% of daily need)

Calories: 5933.69kcal (296.68%), Fat: 268.22g (412.65%), Saturated Fat: 94.19g (588.69%), Carbohydrates: 57.8g (19.27%), Net Carbohydrates: 50.28g (18.28%), Sugar: 14.75g (16.39%), Cholesterol: 2249.82mg (749.94%), Sodium:

2921.51mg (127.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 760.56g (1521.11%), Vitamin B12: 88.18µg (1469.64%), Zinc: 157.88mg (1052.52%), Selenium: 607.97µg (868.53%), Vitamin B6: 16.41mg (820.39%), Phosphorus: 7520.95mg (752.09%), Vitamin B3: 144.4mg (721.98%), Iron: 73.36mg (407.56%), Vitamin B2: 6.39mg (375.7%), Potassium: 12905.14mg (368.72%), Vitamin B1: 3.97mg (264.68%), Magnesium: 900.37mg (225.09%), Copper: 3.29mg (164.39%), Vitamin B5: 13.59mg (135.88%), Manganese: 2.19mg (109.68%), Vitamin K: 99.14µg (94.42%), Folate: 342.16µg (85.54%), Vitamin E: 12.13mg (80.87%), Vitamin C: 48.95mg (59.34%), Calcium: 395.71mg (39.57%), Fiber: 7.52g (30.08%), Vitamin A: 1091.68IU (21.83%)