



HEALTH SCORE

56%

Bangin' Smokey Beef Brisket



Gluten Free



Dairy Free

READY IN



305 min.

SERVINGS



3

CALORIES



1287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound brisket
- ☐ 12 ounce beer canned
- ☐ 3 tablespoons bottled garlic minced
- ☐ 14 ounce beef broth canned
- ☐ 2 tablespoons garlic salt
- ☐ 1 tablespoon liquid smoke flavoring to taste (not concentrated)
- ☐ 1 onion cut into rings
- ☐ 2 tablespoons onion powder

☐ 1 tablespoon worcestershire sauce

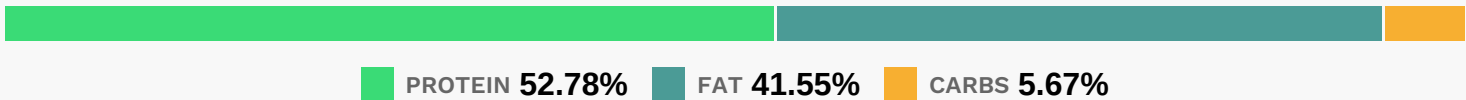
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Whisk together the beef broth, 2 tablespoons of liquid smoke, 1/4 cup Worcestershire sauce, garlic salt, and onion powder in a bowl, and pour into a resealable plastic bag.
- ☐ Add the brisket, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 24 hours. Turn the bag over a few times to ensure the meat is evenly marinated.
- ☐ Preheat an oven to 275 degrees F (135 degrees C).
- ☐ Place the garlic, 1 tablespoon liquid smoke, and 1 tablespoon Worcestershire sauce in a 9x13-inch baking dish.
- ☐ Pour in the beer.
- ☐ Remove the brisket from the marinade, and shake off excess.
- ☐ Place the brisket into the baking dish, and top with onion rings. Cover the dish tightly with aluminum foil, and discard the remaining marinade.
- ☐ Bake in the preheated oven until very tender, about 5 hours. An instant-read thermometer inserted into the center should read 150 degrees F (65 degrees C).

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:3.78, Inflammation Score:-8, Nutrition Score:48.530000142429%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 1287.1kcal (64.35%), Fat: 56.17g (86.41%), Saturated Fat: 19.76g (123.53%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 15.6g (5.67%), Sugar: 2.58g (2.87%), Cholesterol: 468.71mg (156.24%), Sodium: 5837.06mg (253.79%), Alcohol: 4.42g (100%), Alcohol %: 0.52% (100%), Protein: 160.51g (321.03%), Vitamin B12: 18.49µg (308.1%), Zinc: 33.04mg (220.28%), Selenium: 128.61µg (183.73%), Vitamin B6: 3.5mg (175.2%), Phosphorus: 1604.62mg (160.46%), Vitamin B3: 31.6mg (158.01%), Iron: 15.62mg (86.76%), Vitamin B2: 1.38mg (81.11%), Potassium: 2802.76mg (80.08%), Vitamin B1: 0.84mg (55.76%), Magnesium: 196.87mg (49.22%), Copper: 0.71mg (35.6%), Vitamin B5: 2.89mg (28.88%), Manganese: 0.5mg (24.95%), Folate: 73.23µg (18.31%), Vitamin E: 2.46mg (16.37%), Calcium: 112.72mg (11.27%), Vitamin C: 9.22mg (11.18%), Vitamin K: 10.48µg (9.98%), Fiber: 1.65g (6.59%)