



Barbecue Beef Brisket

READY IN



615 min.

SERVINGS



15

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup original barbecue sauce kraft
- 4 lb brisket boneless
- 16 oz coleslaw blend (cabbage slaw mix)
- 4 green onions sliced
- 0.5 cup miracle whip dressing
- 10 kaiser rolls split
- 1 large onion yellow sliced

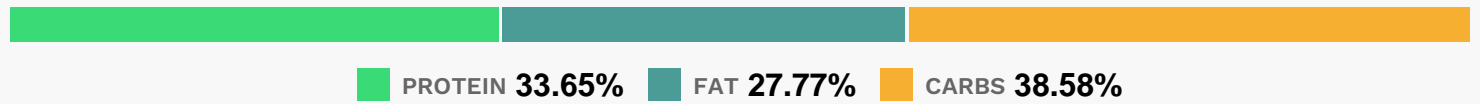
Equipment

slow cooker

Directions

- Place meat in slow cooker, cutting into 2 pieces if necessary to fit; top with yellow onions and barbecue sauce. Cover with lid. Cook on LOW 10 to 12 hours (or on HIGH 5 to 6 hours).
- Remove meat from slow cooker; cut into thin slices. Return to slow cooker; stir gently.
- Combine coleslaw blend, dressing and green onions.
- Serve meat with coleslaw and rolls on the side. Or fill rolls with meat mixture and coleslaw just before serving.

Nutrition Facts



Properties

Glycemic Index:11.73, Glycemic Load:16, Inflammation Score:-3, Nutrition Score:16.570869611657%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 355.5kcal (17.77%), Fat: 10.78g (16.58%), Saturated Fat: 3.21g (20.05%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 31.65g (11.51%), Sugar: 11.56g (12.84%), Cholesterol: 75.76mg (25.25%), Sodium: 560.29mg (24.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.39g (58.78%), Iron: 9.77mg (54.25%), Vitamin B12: 2.94µg (48.99%), Zinc: 5.33mg (35.53%), Vitamin K: 31.56µg (30.06%), Selenium: 20.24µg (28.92%), Vitamin B6: 0.57mg (28.69%), Phosphorus: 259.31mg (25.93%), Vitamin B3: 4.98mg (24.89%), Vitamin C: 12.52mg (15.18%), Potassium: 522.4mg (14.93%), Vitamin B2: 0.23mg (13.74%), Vitamin B1: 0.15mg (10.01%), Magnesium: 35.57mg (8.89%), Fiber: 2.05g (8.21%), Folate: 25.8µg (6.45%), Copper: 0.12mg (6.14%), Manganese: 0.11mg (5.37%), Vitamin B5: 0.53mg (5.33%), Vitamin E: 0.6mg (4.03%), Calcium: 33.81mg (3.38%), Vitamin A: 110.31IU (2.21%)