



Barbecue Brisket Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pound brisket
- ☐ 0.5 cup beer
- ☐ 1 teaspoon pepper black
- ☐ 0.3 cup brown sugar packed
- ☐ 0.8 cup chili sauce
- ☐ 4 garlic clove minced
- ☐ 1 cup onion separated sliced
- ☐ 2.5 ounce portugese rolls

☐ 1 tablespoon worcestershire sauce

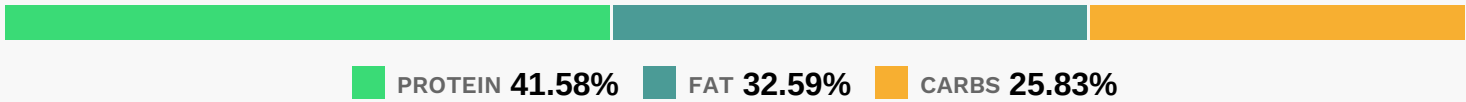
Equipment

☐ pressure cooker

Directions

- ☐ Combine first 4 ingredients in a 6-quart pressure cooker. Bring to a boil; reduce heat, and simmer 5 minutes.
- ☐ Remove 1/2 cup of chili sauce mixture from pressure cooker.
- ☐ Trim fat from brisket.
- ☐ Cut brisket in half crosswise. Rub the brisket with pepper and garlic.
- ☐ Place in pressure cooker. Spoon 1/2 cup chili sauce mixture over brisket. Close lid securely; bring to high pressure over high heat (about 5 minutes). Adjust the heat to medium or level needed to maintain high pressure; cook 1 hour.
- ☐ Remove from heat; place pressure cooker under cold running water.
- ☐ Remove lid.
- ☐ Remove brisket from pressure cooker, and set aside.
- ☐ Add the brown sugar to chili sauce mixture in pressure cooker; bring to a boil. Reduce heat, and simmer, uncovered, for 5 minutes, stirring frequently. Shred the brisket using 2 forks. Return meat to sauce in pressure cooker; cook until thoroughly heated. Spoon 1 cup meat with sauce over bottom of each roll, and cover with tops of rolls.

Nutrition Facts



Properties

Glycemic Index:25.31, Glycemic Load:3.66, Inflammation Score:-4, Nutrition Score:15.78565211918%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 309.84kcal (15.49%), Fat: 10.83g (16.67%), Saturated Fat: 3.7g (23.1%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 18.14g (6.6%), Sugar: 11.69g (12.99%), Cholesterol: 87.88mg (29.29%), Sodium: 522.68mg (22.73%), Alcohol: 0.58g (100%), Alcohol %: 0.33% (100%), Protein: 31.1g (62.2%), Vitamin B12: 3.45µg (57.46%), Zinc: 6.21mg (41.41%), Vitamin B6: 0.69mg (34.46%), Selenium: 24.03µg (34.34%), Phosphorus: 310.33mg (31.03%), Vitamin B3: 6.13mg (30.65%), Iron: 4.51mg (25.06%), Potassium: 631.13mg (18.03%), Vitamin B2: 0.27mg (16.05%), Vitamin B1: 0.18mg (11.97%), Magnesium: 40.26mg (10.06%), Copper: 0.17mg (8.52%), Vitamin C: 6.32mg (7.66%), Vitamin E: 0.95mg (6.36%), Vitamin B5: 0.55mg (5.48%), Manganese: 0.11mg (5.41%), Fiber: 1.18g (4.73%), Folate: 17.24µg (4.31%), Vitamin A: 177.62IU (3.55%), Vitamin K: 3.71µg (3.53%), Calcium: 30mg (3%)