



## Barbecued Beef Brisket

 **Gluten Free**  **Dairy Free**

READY IN



190 min.

SERVINGS



10

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 18 oz heinz bbq sauce texas bold & spicy divided
- 4 lb brisket
- 14.5 oz beef broth fat-free reduced-sodium canned
- 2 cloves garlic minced
- 1 onion thinly sliced
- 1 jalapeño pepper thinly sliced

### Equipment

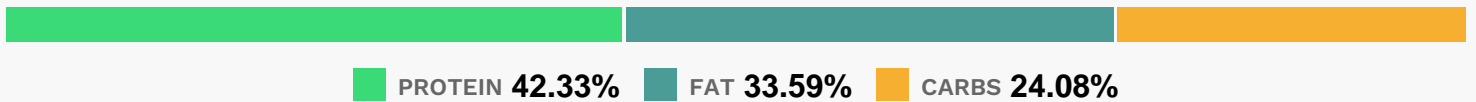
- frying pan

- oven
- knife
- roasting pan
- aluminum foil

## Directions

- Heat oven to 325F.
- Mix first 4 ingredients in large roasting pan.
- Add meat to pan; top with 1/2 cup barbecue sauce. Cover with foil; pierce foil in several places with sharp knife or fork to vent.
- Bake 3 hours or until meat is done (160F).
- Let stand, covered, 10 min. before slicing.
- Strain onions, garlic and jalapeo from pan; place in large skillet.
- Add 1/2 cup of the remaining barbecue sauce; cook 3 to 4 min. or until sauce is heated through.
- Serve meat topped with onion mixture.
- Serve with remaining barbecue sauce.

## Nutrition Facts



## Properties

Glycemic Index:8.9, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:18.420869625133%

## Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 377.11kcal (18.86%), Fat: 13.71g (21.09%), Saturated Fat: 4.73g (29.55%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 21.43g (7.79%), Sugar: 17.41g (19.35%), Cholesterol: 112.49mg (37.5%), Sodium: 744.86mg (32.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.87g (77.74%), Vitamin B12: 4.41µg (73.48%), Zinc: 7.93mg

(52.89%), Selenium: 30.56µg (43.66%), Vitamin B6: 0.82mg (41.06%), Phosphorus: 379.16mg (37.92%), Vitamin B3: 7.47mg (37.36%), Potassium: 819.14mg (23.4%), Iron: 3.85mg (21.41%), Vitamin B2: 0.34mg (20.05%), Vitamin B1: 0.2mg (13.3%), Magnesium: 49.79mg (12.45%), Copper: 0.19mg (9.47%), Vitamin B5: 0.74mg (7.37%), Vitamin E: 0.99mg (6.62%), Manganese: 0.13mg (6.33%), Folate: 15.85µg (3.96%), Vitamin K: 3.5µg (3.33%), Calcium: 29.97mg (3%), Fiber: 0.68g (2.74%), Vitamin A: 115.13IU (2.3%), Vitamin C: 1.31mg (1.58%)