



## Barbecued Texas Beef Brisket



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup barbecue sauce (such as Bull's-Eye)
- ☐ 7.5 pound brisket whole
- ☐ 12 ounces beer
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoons pepper flakes minced
- ☐ 0.5 cup apple cider vinegar
- ☐ 3 tablespoons coarse salt
- ☐ 3 tablespoons pepper black

- ☐ 0.5 cup paprika
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup water
- ☐ 2 tablespoons worcestershire sauce

## Equipment

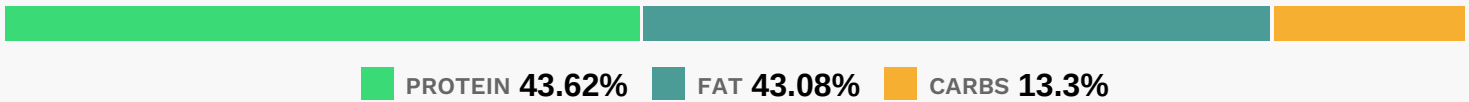
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Mix first 5 ingredients in small bowl to blend.
- ☐ Transfer 1 tablespoon dry rub to another small bowl and reserve for mop.
- ☐ Spread remaining dry rub all over brisket. Cover with plastic; chill overnight.
- ☐ Mix first 6 ingredients plus reserved dry rub in heavy medium saucepan. Stir over low heat 5 minutes.
- ☐ Pour 1/2 cup mop into bowl; cover and chill for use in sauce. Cover and chill remaining mop.
- ☐ Following manufacturer's instructions and using natural lump charcoal, start fire in smoker. When charcoal is ash gray, drain 1/2 cup wood chips and scatter over charcoal. Bring smoker to 200°F. to 225°F., regulating temperature by opening vents wider to increase temperature and closing slightly to reduce temperature.
- ☐ Place brisket, fat side up, on rack in smoker. Cover; cook until tender when pierced with fork and meat thermometer inserted into center registers 185°F., about 10 hours (turn brisket over for last 30 minutes). Every 1 1/2 to 2 hours, add enough charcoal to maintain single layer and to maintain 200°F. to 225°F. temperature; add 1/2 cup drained wood chips.
- ☐ Brush brisket with chilled mop in pan each time smoker is opened.

- ☐ Transfer brisket to platter; let stand 15 minutes. (Can be made 1 day ahead. Cool 1 hour. Wrap in foil; chill. Before continuing, rewarm brisket, still wrapped, in 350°F. oven about 45 minutes.)
- ☐ Combine barbecue sauce and chili powder in heavy small saucepan.
- ☐ Add any accumulated juices from brisket and bring to boil, thinning sauce with some of reserved 1/2 cup mop, if desired.
- ☐ Thinly slice brisket across grain.
- ☐ Serve, passing sauce separately.

## Nutrition Facts



## Properties

Glycemic Index:20.22, Glycemic Load:2.94, Inflammation Score:-9, Nutrition Score:32.559130336927%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 567.91kcal (28.4%), Fat: 26.33g (40.51%), Saturated Fat: 8.18g (51.13%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 15.86g (5.77%), Sugar: 11.89g (13.21%), Cholesterol: 175.77mg (58.59%), Sodium: 2267.06mg (98.57%), Alcohol: 1.11g (100%), Alcohol %: 0.37% (100%), Protein: 59.99g (119.99%), Vitamin B12: 6.89µg (114.91%), Zinc: 12.52mg (83.5%), Selenium: 47.53µg (67.89%), Vitamin B6: 1.35mg (67.45%), Vitamin B3: 12.06mg (60.28%), Phosphorus: 600.63mg (60.06%), Vitamin A: 2501.73IU (50.03%), Iron: 7.03mg (39.04%), Vitamin B2: 0.57mg (33.71%), Potassium: 1172.42mg (33.5%), Vitamin B1: 0.31mg (20.82%), Magnesium: 83.16mg (20.79%), Vitamin E: 3.07mg (20.45%), Manganese: 0.38mg (19.01%), Vitamin K: 19.62µg (18.68%), Copper: 0.32mg (15.85%), Vitamin B5: 1.19mg (11.88%), Fiber: 2.43g (9.74%), Folate: 25.47µg (6.37%), Vitamin C: 4.15mg (5.03%), Calcium: 47.81mg (4.78%)