



BBQ Beef Brisket Sandwiches with Coleslaw

READY IN



210 min.

SERVINGS



12

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 19.5 oz heinz bbq sauce texas bold & spicy divided
- 3 lb brisket trimmed
- 14.5 oz beef broth fat-free reduced-sodium canned
- 2 cloves garlic minced
- 0.3 cup miracle whip dressing
- 1 Tbsp oil
- 2 cups cabbage shredded green red
- 1 onion red divided
- 12 kaiser rolls split

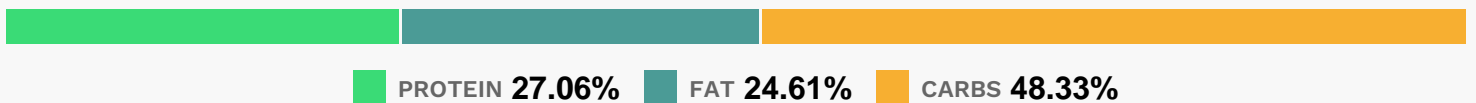
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven 350F.
- Cut half the onion into thin slices; place in large bowl.
- Add cabbage; mix lightly.
- Mix dressing and 2 Tbsp. barbecue sauce until blended.
- Add to cabbage mixture; toss to coat. Refrigerate until ready to use.
- Heat oil in large skillet on medium heat.
- Add meat; cook 5 min. or until evenly browned on both sides, turning after 3 min.
- Transfer to 13x9-inch baking dish sprayed with cooking spray. Chop remaining onion piece; sprinkle over meat.
- Mix broth, 1/2 cup of the remaining barbecue sauce and garlic; pour over meat. Cover.
- Bake 2-1/2 to 3 hours or until meat is done (160F).
- Remove from heat.
- Let stand 10 min. Shred meat; place in large bowl.
- Add remaining barbecue sauce; toss to coat.
- Fill each roll with 1/2 cup meat mixture and 1/3 cup coleslaw just before serving.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:23.37, Inflammation Score:-2, Nutrition Score:15.792173903921%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 452.49kcal (22.62%), Fat: 12.18g (18.74%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 53.84g (17.95%), Net Carbohydrates: 51.8g (18.84%), Sugar: 20.94g (23.27%), Cholesterol: 70.78mg (23.59%), Sodium: 963.82mg (41.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.13g (60.27%), Iron: 13.21mg (73.39%), Vitamin B12: 2.76µg (45.93%), Zinc: 5.01mg (33.39%), Selenium: 19.35µg (27.64%), Vitamin B6: 0.54mg (27.12%), Phosphorus: 243.87mg (24.39%), Vitamin B3: 4.78mg (23.92%), Potassium: 587.43mg (16.78%), Vitamin B2: 0.23mg (13.31%), Vitamin K: 12.05µg (11.47%), Vitamin B1: 0.14mg (9.09%), Magnesium: 34.51mg (8.63%), Fiber: 2.04g (8.15%), Copper: 0.13mg (6.56%), Vitamin C: 5.38mg (6.52%), Vitamin E: 0.96mg (6.37%), Manganese: 0.11mg (5.64%), Vitamin B5: 0.51mg (5.11%), Folate: 15.63µg (3.91%), Calcium: 35.26mg (3.53%), Vitamin A: 118.52IU (2.37%)