



BBQ Slow-Cooker Beef Brisket

 Dairy Free

READY IN



520 min.

SERVINGS



40

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup original barbecue sauce kraft
- 3 lb brisket
- 3 carrots peeled
- 0.3 cup flour
- 1 onion sliced
- 1.5 lb potatoes red (10)

Equipment

- whisk

- slotted spoon
- slow cooker
- cutting board

Directions

- Whisk barbecue sauce and flour until blended.
- Place vegetables in slow cooker; top with 1/2 cup barbecue sauce mixture and meat. Cover with lid. Cook on LOW 8 to 9 hours. Meanwhile, refrigerate remaining barbecue sauce mixture until ready to use.
- Remove meat from slow cooker; place on cutting board. Cover; let stand 10 min. Meanwhile, use slotted spoon to transfer vegetables to platter.
- Whisk remaining (refrigerated) barbecue sauce mixture into juices in slow cooker. Cook, covered, on HIGH 10 min. or until thickened.
- Cut meat across the grain into thin slices.
- Add to platter with vegetables.
- Drizzle with sauce.

Nutrition Facts



Properties

Glycemic Index:3.72, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:4.9778261754824%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 79.68kcal (3.98%), Fat: 2.59g (3.98%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.65g (2.05%), Sugar: 2.34g (2.59%), Cholesterol: 21.09mg (7.03%), Sodium: 88.45mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Vitamin A: 777.56IU (15.55%), Vitamin B12: 0.83µg (13.78%), Zinc: 1.55mg (10.35%), Vitamin B6: 0.19mg (9.29%), Selenium: 6.02µg (8.6%), Phosphorus: 83.07mg (8.31%), Vitamin B3: 1.66mg (8.31%), Potassium: 221.59mg (6.33%), Iron: 0.87mg (4.82%), Vitamin B2:

0.07mg (4.32%), Vitamin B1: 0.06mg (3.96%), Magnesium: 13.26mg (3.31%), Copper: 0.06mg (2.91%), Manganese: 0.05mg (2.55%), Vitamin C: 1.97mg (2.39%), Fiber: 0.53g (2.13%), Folate: 8.37µg (2.09%), Vitamin B5: 0.19mg (1.95%), Vitamin K: 1.65µg (1.57%), Vitamin E: 0.18mg (1.23%)