



Beef Brisket

 Dairy Free

READY IN



255 min.

SERVINGS



15

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 lb brisket
- 0.5 cup brown sugar packed
- 10 oz condensed onion soup french canned
- 1.3 cups cooking wine dry red
- 1 oz env. onion soup mix
- 2 large onions sliced
- 0.5 cup heinz tomato ketchup

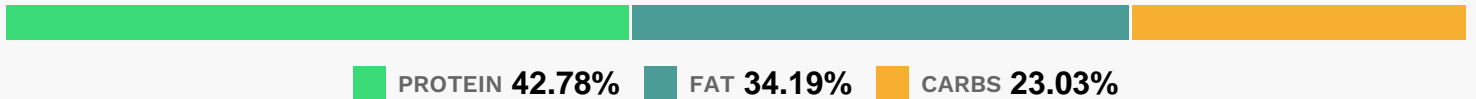
Equipment

- frying pan
- oven
- knife
- aluminum foil
- cutting board

Directions

- Heat oven to 350F.
- Spread onions onto bottom of large shallow pan sprayed with cooking spray; top with meat.
- Mix remaining ingredients until blended; pour over meat. Cover with foil; pierce in several places with sharp knife.
- Bake 3-1/2 to 4 hours or until meat is tender.
- Let stand, covered, 10 min.
- Transfer meat to cutting board.
- Cut across the grain into thin slices.
- Serve topped with wine mixture from bottom of pan.

Nutrition Facts



Properties

Glycemic Index:1.8, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:12.277826213318%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 260.37kcal (13.02%), Fat: 9.17g (14.11%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 13.26g (4.82%), Sugar: 10.35g (11.5%), Cholesterol: 75.75mg (25.25%), Sodium: 420.28mg (18.27%), Alcohol: 2.1g (100%), Alcohol %: 1.35% (100%), Protein: 25.83g (51.66%), Vitamin B12: 2.94µg (48.99%), Zinc: 5.28mg (35.23%), Selenium: 20.18µg (28.82%), Vitamin B6: 0.56mg (27.93%), Phosphorus: 255.29mg (25.53%), Vitamin B3: 4.94mg (24.7%), Potassium: 558.14mg (15.95%), Iron: 2.47mg (13.71%), Vitamin B2: 0.23mg (13.5%), Vitamin B1: 0.14mg (9.09%), Magnesium: 32.65mg (8.16%), Copper: 0.12mg (6.07%), Vitamin B5: 0.48mg (4.78%), Manganese: 0.07mg (3.4%), Vitamin E: 0.51mg (3.4%), Folate: 13.06µg (3.27%), Fiber: 0.64g (2.56%), Calcium: 23.66mg (2.37%), Vitamin C: 1.87mg (2.27%), Vitamin K: 1.92µg (1.83%)