



## Beef Brisket with Beer

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon balsamic vinegar
- 1 bay leaf
- 3 pound brisket trimmed
- 0.5 teaspoon pepper black freshly ground
- 12 ounce beer light
- 2 cups onion vertically sliced ( 1 large)
- 1.5 cups parsnips chopped ( 2)
- 1 teaspoon salt

0.3 cup water

## Equipment

frying pan

slow cooker

## Directions

Rub brisket with salt and pepper.

Heat a large heavy skillet over medium-high heat. Coat pan with cooking spray.

Add brisket to pan; cook 10 minutes, browning on all sides.

Remove brisket from the pan.

Add 1/4 cup water to pan, stirring to loosen browned bits.

Add onion and parsnip; saut 5 minutes or until vegetables are tender.

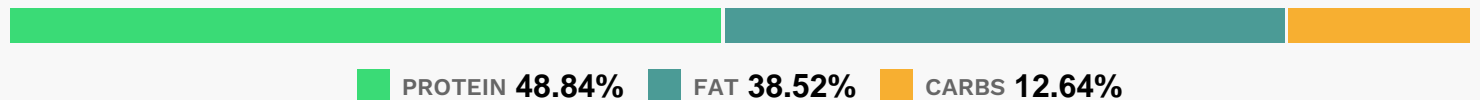
Place onion mixture, vinegar, bay leaf, and beer in a large electric slow cooker.

Place brisket on top of onion mixture. Cover and cook on low for 8 hours. Discard bay leaf.

Cut brisket diagonally across the grain into thin slices.

Serve with sauce.

## Nutrition Facts



## Properties

Glycemic Index:13.42, Glycemic Load:1.81, Inflammation Score:-3, Nutrition Score:12.545217421959%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 208.53kcal (10.43%), Fat: 8.44g (12.98%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 4.94g (1.8%), Sugar: 2.15g (2.39%), Cholesterol: 70.31mg (23.44%), Sodium: 287.81mg (12.51%), Alcohol: 0.88g (100%), Alcohol %: 0.58% (100%), Protein: 24.07g (48.15%), Vitamin B12: 2.76µg (46.02%), Zinc: 5.04mg (33.58%), Selenium: 19.15µg (27.35%), Vitamin B6: 0.53mg (26.66%), Phosphorus: 251.26mg (25.13%), Vitamin B3: 4.73mg (23.64%), Potassium: 484.13mg (13.83%), Iron: 2.36mg (13.13%), Vitamin B2: 0.21mg (12.51%), Vitamin B1: 0.14mg (9.48%), Magnesium: 35.35mg (8.84%), Manganese: 0.16mg (7.93%), Folate: 25.87µg (6.47%), Copper: 0.13mg (6.26%), Vitamin C: 4.8mg (5.82%), Vitamin B5: 0.54mg (5.39%), Vitamin K: 5.46µg (5.2%), Fiber: 1.29g (5.16%), Vitamin E: 0.62mg (4.11%), Calcium: 19.99mg (2%)