



Beef Brisket with Chipotle Tomatillo Sauce

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound brisket
- 1 teaspoon brown sugar
- 8 ounce tomato sauce canned
- 7 ounce chipotle peppers in adobo sauce canned
- 4 cloves garlic chopped
- 2 tablespoons olive oil
- 2 teaspoons salt
- 22 ounce tomatillos whole drained canned

- 1 cup water
- 1 onion yellow chopped

Equipment

- food processor
- bowl
- pressure cooker

Directions

- Place the tomatillos, chipotle peppers, tomato sauce, water, salt, and brown sugar in the work bowl of a food processor, and blend until smooth. Set the mixture aside.
- Heat the olive oil in a pressure cooker with the lid off over medium heat, and cook and stir the onion and garlic until the onions are translucent, about 3 minutes. Drop the brisket into the pressure cooker, and sear it on both sides.
- Pour the tomatillo mixture over the brisket, bring to a boil, and place the lid on the cooker. When the pressure comes up, set the heat so the cooker develops medium pressure, and cook for 1 hour and 15 minutes.
- Allow the cooker to release pressure on its own (without using the quick-release), and remove the brisket.
- Serve hot, with tomatillo sauce on the side.

Nutrition Facts



PROTEIN 41.97% **FAT 43.73%** **CARBS 14.3%**

Properties

Glycemic Index:17, Glycemic Load:1.21, Inflammation Score:-6, Nutrition Score:28.165217669114%

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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 470.02kcal (23.5%), Fat: 22.58g (34.74%), Saturated Fat: 6.69g (41.8%), Carbohydrates: 16.62g (5.54%), Net Carbohydrates: 10.42g (3.79%), Sugar: 9.08g (10.09%), Cholesterol: 140.61mg (46.87%), Sodium: 1138.19mg (49.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.77g (97.55%), Vitamin B12: 5.51µg (91.85%), Zinc: 10.15mg (67.65%), Vitamin B3: 11.27mg (56.35%), Selenium: 38.33µg (54.75%), Vitamin B6: 1.09mg (54.74%), Phosphorus: 515.01mg (51.5%), Iron: 6.27mg (34.81%), Potassium: 1175.15mg (33.58%), Vitamin B2: 0.45mg (26.69%), Fiber: 6.2g (24.81%), Magnesium: 81.43mg (20.36%), Vitamin C: 16.79mg (20.35%), Vitamin B1: 0.29mg (19.6%), Vitamin K: 17.42µg (16.59%), Copper: 0.33mg (16.37%), Vitamin E: 2.34mg (15.62%), Manganese: 0.29mg (14.54%), Vitamin B5: 1.1mg (11.02%), Folate: 30.1µg (7.53%), Vitamin A: 284.37IU (5.69%), Calcium: 34.01mg (3.4%)