



 **73%**
HEALTH SCORE

Beef Brisket with Merlot and Prunes

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



8

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar
- 4 pound brisket trimmed (also called first-cut)
- 14.5 ounce frangelico diced canned (preferably fire-roasted)
- 4 medium carrots peeled thinly sliced
- 1 tablespoon thyme sprigs fresh finely chopped
- 16 garlic clove peeled
- 0.5 cup prune- cut to pieces
- 1 cup wine dry red

- 2 tablespoons olive oil
- 2 pounds onion sliced
- 2 tablespoons parsley fresh italian chopped
- 8 ounces prune- cut to pieces pitted

Equipment

- frying pan
- oven
- roasting pan
- aluminum foil
- glass baking pan

Directions

- Position rack in bottom third of oven and preheat to 325°F. Pat brisket dry; sprinkle all over with salt and pepper.
- Heat oil in heavy extra-large skillet over high heat.
- Add brisket and cook until deep brown, about 7 minutes per side.
- Transfer brisket, fat side up, to large roasting pan.
- Add tomatoes with juice and wine to skillet.
- Remove from heat, scrape up any browned bits, and pour mixture over brisket. Distribute onions, carrots, and garlic around brisket.
- Add prunes and thyme; drizzle with 1/2 cup prune juice and 3 tablespoons vinegar.
- Sprinkle lightly with salt and pepper.
- Place pan over 2 burners and bring to boil. Cover pan with heavy-duty foil; place in oven.
- Braise brisket until tender, about 3 hours 15 minutes. Uncover and cool 1 hour at room temperature. DO AHEAD: Can be made 2 days ahead. Cover with foil and chill. Bring just to simmer over 2 burners before continuing.
- Remove brisket from roasting pan, scraping off juices.
- Place on work surface; cut across grain into 1/4-inch-thick slices. Spoon off fat from top of pan juices.

- Place 1 cup vegetables (no prunes) and 1 cup braising liquid from pan into processor and puree. Return puree to pan.
- Add remaining 1 tablespoon prune juice and 1 teaspoon vinegar to pan.
- Heat sauce; season with salt and pepper.
- Overlap brisket slices in 13x9x2- inch glass baking dish.
- Pour sauce over brisket, separating slices to allow some sauce to flow between. DO AHEAD:Can be made 1 day ahead. Cover; chill.
- Rewarm brisket, covered, in 350°F oven for 30 minutes.
- Sprinkle brisket with parsley; serve.
- Use a slender metal pin, like a turkey lacer, to check whether the brisket is tender. Insert the pin into the thickest part; if it meets no resistance, the brisket is done.
- You used Merlot to cook the brisket, so why not pour a Merlot as well? Try the Yarden 2002 Merlot (\$22), produced at a winery in Israel's Golan Heights. The kosher wine has ripe plum flavors and a spicy finish.

Nutrition Facts

PROTEIN 35.92% **FAT 33.38%** **CARBS 30.7%**

Properties

Glycemic Index:36.1, Glycemic Load:10.89, Inflammation Score:-10, Nutrition Score:34.859565444615%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 24.07mg, Quercetin: 24.07mg, Quercetin: 24.07mg, Quercetin: 24.07mg

Nutrients (% of daily need)

Calories: 574.84kcal (28.74%), Fat: 20.6g (31.7%), Saturated Fat: 6.46g (40.37%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 36.79g (13.38%), Sugar: 22.16g (24.63%), Cholesterol: 140.61mg (46.87%), Sodium: 208.64mg

(9.07%), Alcohol: 3.15g (100%), Alcohol %: 0.78% (100%), Protein: 49.89g (99.78%), Vitamin A: 5530.29IU (110.61%), Vitamin B12: 5.51µg (91.85%), Zinc: 10.31mg (68.76%), Vitamin B6: 1.29mg (64.47%), Selenium: 38.76µg (55.38%), Phosphorus: 538.31mg (53.83%), Vitamin B3: 10.18mg (50.88%), Vitamin K: 49.38µg (47.02%), Potassium: 1340.4mg (38.3%), Vitamin B2: 0.52mg (30.5%), Iron: 5.43mg (30.16%), Fiber: 5.85g (23.39%), Manganese: 0.46mg (23.19%), Vitamin B1: 0.33mg (22.16%), Magnesium: 87.36mg (21.84%), Copper: 0.38mg (18.77%), Vitamin C: 15.03mg (18.22%), Vitamin B5: 1.23mg (12.25%), Folate: 46.88µg (11.72%), Vitamin E: 1.63mg (10.9%), Calcium: 81.79mg (8.18%)