



Beef Brisket with Onion-Lemon Marmalade and Sweet Potatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple juice
- ☐ 5 lbs brisket
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 1 tablespoon marjoram dried
- ☐ 2 medium lemons seeded thinly sliced
- ☐ 2 medium onions thinly sliced

- ☐ 8 sweet potatoes 5 lbs. total

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Preheat oven to 30
- ☐ Trim and discard excess fat from brisket. In a 12- by 18-in. roasting pan, place onion slices and 3/4 of lemon slices; wrap remaining lemon airtight and chill.
- ☐ Lay brisket on top of onion and lemon in pan.
- ☐ In a bowl, stir together port, sugar, and marjoram until sugar dissolves, then pour evenly over brisket.
- ☐ Sprinkle brisket with pepper and tightly cover pan with foil.
- ☐ Bake until brisket is very tender when pierced, about 4 hours. Meanwhile, about 1 1/2 hours before brisket is scheduled to be done, pierce each sweet potato with a fork and set on oven rack alongside or above brisket.
- ☐ When brisket is tender, uncover pan and return it to the oven to brown the meat slightly, about 15 minutes.
- ☐ Remove brisket from pan and place on a platter; keep warm. When potatoes are soft when pressed, remove them from oven, add to brisket platter, and keep warm.
- ☐ Skim off and discard fat from pan juices.
- ☐ Place roasting pan on the stove over high heat; boil juices, uncovered, stirring often. As mixture thickens, reduce heat to medium and stir constantly until marmalade is thick and shiny and reduced to 1 1/2 cups, 20 to 30 minutes.
- ☐ Spoon marmalade over brisket, then garnish with reserved lemon slices.
- ☐ Cut brisket across the grain to serve.

Nutrition Facts

PROTEIN 35.29% FAT 26.7% CARBS 38.01%

Properties

Glycemic Index:18.33, Glycemic Load:19.91, Inflammation Score:-10, Nutrition Score:35.182173977727%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 576.34kcal (28.82%), Fat: 16.94g (26.07%), Saturated Fat: 5.93g (37.08%), Carbohydrates: 54.29g (18.1%), Net Carbohydrates: 47.7g (17.35%), Sugar: 22.1g (24.55%), Cholesterol: 140.61mg (46.87%), Sodium: 284.19mg (12.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.39g (100.79%), Vitamin A: 25672.77IU (513.46%), Vitamin B12: 5.51µg (91.85%), Vitamin B6: 1.39mg (69.3%), Zinc: 10.39mg (69.24%), Phosphorus: 553.78mg (55.38%), Selenium: 38.65µg (55.22%), Vitamin B3: 10.03mg (50.15%), Potassium: 1465.03mg (41.86%), Iron: 5.93mg (32.92%), Vitamin B2: 0.51mg (30.08%), Manganese: 0.59mg (29.74%), Fiber: 6.58g (26.33%), Vitamin B1: 0.39mg (26.17%), Magnesium: 104.56mg (26.14%), Copper: 0.48mg (24.2%), Vitamin B5: 2.34mg (23.38%), Vitamin C: 17.74mg (21.5%), Folate: 43.01µg (10.75%), Calcium: 92.24mg (9.22%), Vitamin E: 1.24mg (8.27%), Vitamin K: 7.86µg (7.49%)