



Beef Brisket with Texas Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings barbecue sauce
- 1 bay leaves crumbled
- 3 pound brisket trimmed
- 1 cup apple cider vinegar
- 0.8 teaspoon paprika
- 2.3 teaspoons pepper
- 1.3 teaspoons lawry's seasoned salt
- 1 sprigs thyme leaves fresh red

- 1 cup vegetable oil
- 0.3 cup worcestershire sauce

Equipment

- grill
- ziploc bags

Directions

- Combine first 4 ingredients in a shallow dish or large zip-top plastic bag.
- Combine seasoned salt, pepper, and paprika; rub into brisket.
- Place brisket in marinade.
- Cover or seal; chill 8 hours, turning occasionally.
- Prepare a hot fire by placing 2 pieces of oak or 10 hickory chunks at front and back of grill, piling charcoal in the center.
- Let burn until coals are white.
- Remove brisket from marinade, discarding marinade. Rake coals to 1 side of grill; place meat on other side. Grill, covered, over indirect heat 3 to 4 hours.
- Brush both sides of brisket with 1 cup Texas Barbecue Sauce; cook 1 hour, basting with sauce.
- Serve with remaining sauce.
- Garnish, if desired.

Nutrition Facts

 **PROTEIN 44.87%**  **FAT 51.53%**  **CARBS 3.6%**

Properties

Glycemic Index:16.5, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:17.316956512306%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 328.55kcal (16.43%), Fat: 18.04g (27.75%), Saturated Fat: 5.25g (32.81%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.6g (0.95%), Sugar: 1.33g (1.48%), Cholesterol: 105.46mg (35.15%), Sodium: 621.5mg (27.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.35g (70.69%), Vitamin B12: 4.13µg (68.89%), Zinc: 7.38mg (49.2%), Selenium: 28.02µg (40.03%), Vitamin B6: 0.72mg (36.07%), Phosphorus: 351.27mg (35.13%), Vitamin B3: 6.8mg (33.98%), Iron: 3.91mg (21.74%), Potassium: 666.85mg (19.05%), Vitamin B2: 0.3mg (17.93%), Vitamin K: 13.41µg (12.77%), Vitamin B1: 0.18mg (11.84%), Magnesium: 43.38mg (10.85%), Manganese: 0.18mg (8.91%), Copper: 0.17mg (8.31%), Vitamin E: 1.07mg (7.1%), Vitamin B5: 0.61mg (6.1%), Folate: 12.88µg (3.22%), Calcium: 23.88mg (2.39%), Vitamin A: 111.17IU (2.22%), Vitamin C: 1.33mg (1.61%)