



Beer-Braised Bison Brisket with Root Vegetables



Gluten Free



Dairy Free

READY IN



745 min.

SERVINGS



10

CALORIES



130 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apricot halves dried
- ☐ 12 ounce beer canned
- ☐ 4.5 pound bison brisket
- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound carrots cut into 2-inch pieces
- ☐ 1 teaspoon thyme leaves dried
- ☐ 4 cloves garlic minced

- ☐ 1 tablespoon horseradish prepared
- ☐ 1 large onion cut into wedges
- ☐ 2 medium parsnips peeled cut into 2-inch pieces
- ☐ 2 medium potatoes peeled cut into wedges
- ☐ 1.5 teaspoons salt

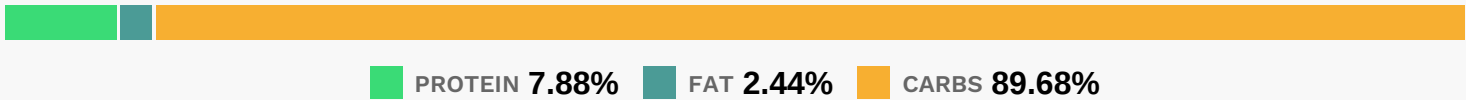
Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ If necessary, cut bison brisket to fit into a 6-quart slow cooker.
- ☐ Sprinkle bison brisket with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper.
- ☐ Place carrots, parsnips, turnips, and onion in the cooker. Top with bison brisket.
- ☐ Combine beer, horseradish, garlic, thyme, the remaining 1 teaspoon salt and the remaining 1/4 teaspoon pepper in a medium bowl; pour over bison brisket.
- ☐ Cover and cook on low for 10 hours. Stir in apricot halves. Cover and cook for 2 more hours.
- ☐ Transfer bison brisket to a cutting board. Slice bison brisket across the grain; arrange on a serving platter. Using a slotted spoon, transfer vegetables to the platter, reserving cooking liquid. Strain cooking liquid and pass with bison brisket and vegetables.

Nutrition Facts



Properties

Glycemic Index:38.05, Glycemic Load:12.36, Inflammation Score:-10, Nutrition Score:12.941304397972%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 129.64kcal (6.48%), Fat: 0.35g (0.54%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 23.74g (8.63%), Sugar: 11.68g (12.98%), Cholesterol: 0mg (0%), Sodium: 395.62mg (17.2%), Alcohol: 1.33g (100%), Alcohol %: 0.43% (100%), Protein: 2.53g (5.06%), Vitamin A: 8051.87IU (161.04%), Vitamin C: 18.38mg (22.27%), Fiber: 5.07g (20.27%), Manganese: 0.4mg (19.99%), Potassium: 633.35mg (18.1%), Vitamin K: 16.15µg (15.38%), Vitamin B6: 0.29mg (14.26%), Folate: 43.58µg (10.89%), Vitamin E: 1.34mg (8.94%), Phosphorus: 83.17mg (8.32%), Vitamin B3: 1.66mg (8.3%), Magnesium: 33.04mg (8.26%), Copper: 0.16mg (8.13%), Vitamin B1: 0.11mg (7.04%), Iron: 1.2mg (6.66%), Vitamin B5: 0.55mg (5.45%), Calcium: 48.76mg (4.88%), Vitamin B2: 0.08mg (4.7%), Zinc: 0.53mg (3.53%), Selenium: 1.52µg (2.17%)