



Beer-Braised Brisket with Honey-Lime Glaze

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apples cored cut into 6 wedges
- ☐ 2 bay leaves
- ☐ 5 pound flat-cut beef brisket trimmed
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 2 cups carrots chopped
- ☐ 20 cilantro sprigs
- ☐ 1 stick cinnamon (3-inch)

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 cups beer dark
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup ginger fresh peeled chopped
- ☐ 0.3 cup honey
- ☐ 1 teaspoon kosher salt divided
- ☐ 6 lemon rind strips
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 teaspoon lower-sodium soy sauce
- ☐ 0.3 cup no-salt-added ketchup
- ☐ 1 cup onion vertically sliced
- ☐ 6 orange rind strips
- ☐ 10 thyme sprigs
- ☐ 4 cups water

Equipment

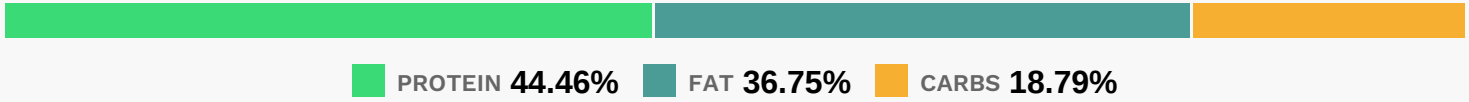
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 32
- ☐ Heat oil in a heavy roasting pan over medium-high heat.
- ☐ Sprinkle beef with 3/4 teaspoon salt and black pepper.

- ☐ Add beef to pan; cook 15 minutes, browning on both sides.
- ☐ Drain oil from pan.
- ☐ Add water and next 14 ingredients (through cinnamon). Bring to a boil; cover with foil, and bake at 325 for 4 hours.
- ☐ Remove beef from pan, reserving cooking liquid. Strain liquid through a sieve into a bowl, and skim fat from surface. Return liquid and beef to pan.
- ☐ Cook beef, uncovered, at 325 for 1 1/2 to 2 hours or until meat is fork-tender, basting occasionally.
- ☐ Remove beef from pan, reserving cooking liquid; cover and keep warm.
- ☐ Place a large zip-top plastic bag inside a bowl.
- ☐ Pour cooking liquid into bag. Carefully snip off 1 bottom corner of bag, and drain liquid into a medium saucepan, stopping before fat layer reaches opening. Discard fat. Cook the liquid over medium-high heat until reduced to about 1 cup. Stir in remaining 1/4 teaspoon salt, honey, and lime juice.
- ☐ Cut beef diagonally across grain into thin slices; serve with sauce.
- ☐ Sprinkle evenly with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:22.48, Glycemic Load:4.13, Inflammation Score:-10, Nutrition Score:18.91043467107%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 287.83kcal (14.39%), Fat: 11.08g (17.05%), Saturated Fat: 3.73g (23.33%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 10.76g (3.91%), Sugar: 7.15g (7.94%), Cholesterol: 87.88mg (29.29%), Sodium: 287.51mg (12.5%), Alcohol: 1.73g (100%), Alcohol %: 0.71% (100%), Protein: 30.17g (60.33%), Vitamin A: 2927.37IU (58.55%), Vitamin B12: 3.45µg (57.56%), Zinc: 6.25mg (41.67%), Vitamin B6: 0.68mg (33.97%), Selenium: 23.74µg (33.92%), Phosphorus: 306.14mg (30.61%), Vitamin B3: 6.12mg (30.58%), Potassium: 605.64mg (17.3%), Iron: 3.11mg (17.25%), Vitamin C: 13.93mg (16.89%), Vitamin B2: 0.28mg (16.74%), Vitamin K: 13.45µg (12.81%), Vitamin B1: 0.17mg (11.43%), Magnesium: 43.98mg (11%), Copper: 0.16mg (8.21%), Fiber: 1.99g (7.95%), Manganese: 0.15mg (7.56%), Vitamin B5: 0.64mg (6.39%), Folate: 22.24µg (5.56%), Vitamin E: 0.78mg (5.23%), Calcium: 37.62mg (3.76%)