

Blackjack Brisket

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



16

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounce hickory smoke barbeque sauce flavored
- ☐ 10 pounds untrimmed beef brisket
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons liquid smoke flavoring
- ☐ 1 cup blackstrap molasses
- ☐ 1 large onion quartered
- ☐ 1 tablespoon pepper
- ☐ 1 tablespoon salt

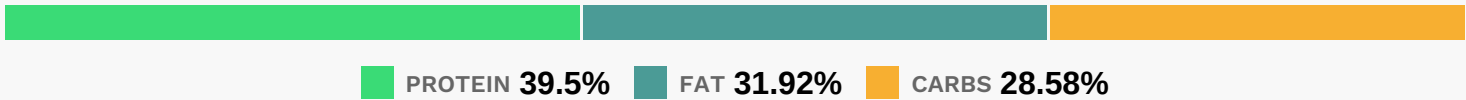
Equipment

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

Directions

- ☐ Preheat the oven to 250 degrees F (120 degrees C).
- ☐ Place brisket in a large roasting pan (disposable aluminum foil pan is fine).
- ☐ Pour beer over the meat, and place onion sections on top. Season with garlic, salt and pepper.
- ☐ Combine the barbeque sauce, molasses and liquid smoke; pour over the roast. Cover pan with aluminum foil.
- ☐ Place pan on the center rack of the preheated oven, and bake for 6 to 8 hours, or until beef is fork tender.
- ☐ Remove from the oven and let stand for about 10 minutes before slicing across the grain into 1/8 inch slices.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:7.2, Inflammation Score:-5, Nutrition Score:30.420869661414%

Flavonoids

Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 615.46kcal (30.77%), Fat: 21.34g (32.83%), Saturated Fat: 7.38g (46.15%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 42.16g (15.33%), Sugar: 37.31g (41.46%), Cholesterol: 175.77mg (58.59%), Sodium: 1329.46mg (57.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.43g (118.86%), Vitamin B12: 6.89µg (114.82%), Zinc:

12.41mg (82.76%), Selenium: 51.19µg (73.13%), Vitamin B6: 1.4mg (69.83%), Phosphorus: 593mg (59.3%), Vitamin B3: 11.76mg (58.82%), Potassium: 1411.3mg (40.32%), Iron: 6.91mg (38.4%), Magnesium: 126.15mg (31.54%), Vitamin B2: 0.52mg (30.69%), Manganese: 0.51mg (25.48%), Vitamin B1: 0.31mg (20.82%), Copper: 0.39mg (19.27%), Vitamin B5: 1.29mg (12.85%), Vitamin E: 1.42mg (9.49%), Calcium: 83.17mg (8.32%), Folate: 22.98µg (5.74%), Vitamin K: 5.49µg (5.23%), Fiber: 0.84g (3.34%), Vitamin A: 145.15IU (2.9%), Vitamin C: 1.19mg (1.45%)