



Blue Yonder Bbq Brisket

 Gluten Free  Dairy Free

READY IN



315 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup barbecue sauce (your choice)
- 4 pound brisket
- 1 tablespoon cilantro leaves plus 6 to 12 sprigs fresh minced for garnish
- 2 tablespoons dijon mustard
- 2 tablespoons garlic powder
- 0.5 teaspoon ground pepper black
- 0.8 cup honey
- 2 tablespoons pepper sauce hot (recommended: Tabasco)

- 2 teaspoons salt
- 2 tablespoons irvine spices smokey rotisserie seasoning
- 1 tablespoon tomato paste

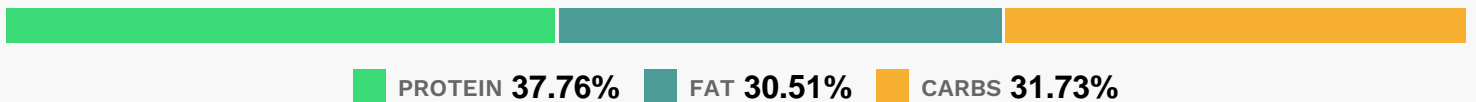
Equipment

- bowl
- grill

Directions

- Early in the day, rinse brisket to remove any residue and pat dry with paper toweling. In a small bowl, combine Smokey Rotisserie Seasoning, garlic powder, Dijon mustard, tomato paste, salt and pepper and blend well into a paste. Rub well into all surfaces of brisket and let sit refrigerated for a couple of hours.
- Heat the barbeque grill. Barbeque the brisket slowly over indirect heat at an approximate temperature of 250 degrees F until the meat is fork tender, for about 3 hours. Toward the end of the cooking time, combine the barbecue sauce, hot pepper sauce, honey, and minced cilantro in a small bowl and spread on the brisket.
- Serve family style garnished with cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:24.78, Glycemic Load:13.88, Inflammation Score:-3, Nutrition Score:23.689565202464%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 510.63kcal (25.53%), Fat: 17.24g (26.52%), Saturated Fat: 6g (37.52%), Carbohydrates: 40.34g (13.45%), Net Carbohydrates: 39.34g (14.31%), Sugar: 35.5g (39.44%), Cholesterol: 140.61mg (46.87%), Sodium: 1182.95mg (51.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48g (96%), Vitamin B12: 5.51µg (91.85%), Zinc: 10.03mg (66.86%), Selenium: 39.8µg (56.86%), Vitamin B6: 1.03mg (51.59%), Phosphorus: 478.83mg (47.88%), Vitamin B3: 9.28mg (46.38%), Iron: 5.22mg (29.01%), Potassium: 893.59mg (25.53%), Vitamin B2: 0.43mg (25.06%),

Manganese: 0.39mg (19.46%), Vitamin B1: 0.25mg (16.88%), Magnesium: 62.91mg (15.73%), Copper: 0.24mg (12.17%), Vitamin B5: 0.89mg (8.94%), Vitamin E: 1.09mg (7.25%), Folate: 19.1µg (4.77%), Vitamin K: 4.59µg (4.37%), Vitamin C: 3.59mg (4.35%), Fiber: 0.99g (3.97%), Calcium: 38.19mg (3.82%), Vitamin A: 106.46IU (2.13%)