



Braised Beef Brisket

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 lb brisket
- 29 oz beef broth low-sodium canned
- 5 garlic clove chopped
- 0.3 cup juice of lemon
- 1 cup soy sauce low-sodium
- 16 servings parsley fresh

Equipment

- frying pan

- oven
- sieve
- roasting pan
- aluminum foil
- cutting board

Directions

- Stir together first 4 ingredients and, if desired, liquid smoke in a large roasting pan.
- Place brisket in pan, fat side up. Spoon liquid over brisket. Cover tightly with aluminum foil, and chill 24 hours.
- Preheat oven to 30
- Bake brisket, covered, 4 to 4 1/2 hours or until fork-tender. Uncover and let stand 20 minutes.
- Transfer brisket to a cutting board. Trim fat from brisket.
- Cut brisket across the grain into thin slices. (Or cut brisket into large pieces, and shred with two forks.)
- Pour pan drippings through a wire-mesh strainer, discarding solids.
- Serve brisket with drippings.
- Garnish, if desired.

Nutrition Facts

 **PROTEIN 55.59%**  **FAT 42.22%**  **CARBS 2.19%**

Properties

Glycemic Index:3.88, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:23.023478264394%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 323.56kcal (16.18%), Fat: 14.72g (22.64%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.22g (0.24%), Cholesterol: 123.04mg (41.01%), Sodium: 827.16mg (35.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.61g (87.22%), Vitamin B12: 4.82µg (80.37%), Vitamin K: 68.2µg (64.95%), Zinc: 8.73mg (58.23%), Selenium: 32.77µg (46.81%), Vitamin B6: 0.88mg (43.8%), Phosphorus: 429.39mg (42.94%), Vitamin B3: 8.06mg (40.31%), Potassium: 843.59mg (24.1%), Iron: 4.29mg (23.85%), Vitamin B2: 0.38mg (22.42%), Magnesium: 59.1mg (14.78%), Vitamin B1: 0.21mg (14.07%), Copper: 0.18mg (8.8%), Vitamin C: 7.09mg (8.59%), Vitamin B5: 0.77mg (7.72%), Folate: 27.77µg (6.94%), Vitamin A: 337.27IU (6.75%), Manganese: 0.12mg (5.89%), Vitamin E: 0.74mg (4.91%), Calcium: 22.15mg (2.21%), Fiber: 0.27g (1.1%)