



## Braised Beef Brisket

 Dairy Free

READY IN



215 min.

SERVINGS



12

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 3.5 pound brisket trimmed
- 1 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes diced canned
- 2 cups cooking wine dry red
- 2 tablespoons flour all-purpose
- 2 tablespoons rosemary fresh chopped
- 3 tablespoons olive oil

- 1 teaspoon salt
- 3 large vidalia onions thinly sliced

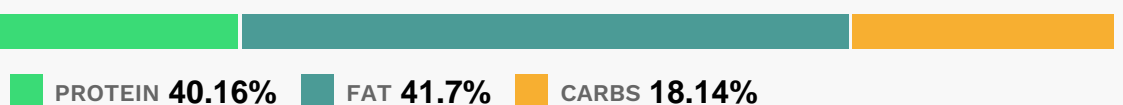
## Equipment

- bowl
- oven
- whisk
- dutch oven

## Directions

- Preheat the oven to 325 degrees F.
- Sprinkle the brisket evenly with the salt and pepper. In a large Dutch oven, heat the olive oil over medium-high heat.
- Add the brisket and cook until browned on each side, about 2 minutes.
- Remove the brisket from the Dutch oven and set aside.
- Add the onions to the Dutch oven and cook for 10 to 15 minutes. Stir frequently until the onions are tender and caramel colored. Stir in the wine, rosemary, bay leaves and diced tomatoes.
- Return the brisket to the Dutch oven, cover and bake in the oven for 3 hours or until the meat is very tender.
- Remove the brisket from the cooking liquid, set aside and keep warm.
- Remove 1/2 cup tomato mixture to a small bowl and whisk in the flour until smooth.
- Add the flour mixture to the Dutch oven. Bring to a boil over medium-high heat and cook, stirring frequently, until thickened, 2 to 3 minutes.
- Cut the brisket across the grain into thin slices and serve with the tomato sauce.

## Nutrition Facts



## Properties

Glycemic Index:12.08, Glycemic Load:2.07, Inflammation Score:-6, Nutrition Score:17.5795653281%

## Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

## Nutrients (% of daily need)

Calories: 322.31kcal (16.12%), Fat: 13.54g (20.83%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 11.12g (4.04%), Sugar: 7.07g (7.85%), Cholesterol: 82.02mg (27.34%), Sodium: 392.46mg (17.06%), Alcohol: 4.2g (100%), Alcohol %: 1.63% (100%), Protein: 29.35g (58.69%), Vitamin B12: 3.21µg (53.58%), Zinc: 6mg (40.02%), Vitamin B6: 0.76mg (38.24%), Selenium: 22.94µg (32.77%), Phosphorus: 311.28mg (31.13%), Vitamin B3: 6.21mg (31.05%), Potassium: 734.81mg (20.99%), Iron: 3.74mg (20.78%), Vitamin B2: 0.28mg (16.64%), Vitamin B1: 0.23mg (15.06%), Copper: 0.28mg (13.92%), Magnesium: 51.99mg (13%), Vitamin C: 10.14mg (12.29%), Manganese: 0.24mg (11.87%), Vitamin E: 1.77mg (11.82%), Folate: 39.6µg (9.9%), Fiber: 2.13g (8.52%), Vitamin K: 7.86µg (7.48%), Vitamin B5: 0.74mg (7.39%), Calcium: 47.93mg (4.79%), Vitamin A: 154.74IU (3.09%)