



 **100%**
HEALTH SCORE

Braised Beef Brisket

 Dairy Free  Very Healthy

READY IN



970 min.

SERVINGS



6

CALORIES



910 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bbq spice blend
- 6 pound brisket trimmed of fat
- 0.3 cup cider vinegar
- 0.3 cup brown sugar dark
- 6 dinner rolls split
- 1 tablespoon very ground coffee finely
- 6 servings freshly cracked pepper black
- 4 cups water hot cold (1 cup , 3 cups)

Equipment

- bowl
- frying pan
- oven
- plastic wrap
- roasting pan
- aluminum foil
- stove

Directions

- Watch how to make this recipe.
- Rub the brisket generously with spice blend, cover with plastic wrap and let marinate overnight in refrigerator.
- Preheat the oven to 350 degrees F.
- Put the roast, fat cap up, in a roasting pan.
- Add 1 cup water to the pan and roast the brisket uncovered for 1 hour.
- In a medium bowl, combine the coffee, brown sugar, pepper, to taste, 3 cups hot water and cider vinegar.
- Remove the brisket from the oven, pour the coffee mixture over the brisket, cover with foil and braise until brisket reaches an internal temperature of 185 and is fork tender, about 3 hours.
- Remove to a carving board to let rest.
- Simmer the braising liquid in the roasting pan on the stovetop, skimming fat and allow to reduce just slightly or to desired consistency.
- Thinly slice beef across the grain. Dip the meat slices or the cut sides of the rolls in the reduced sauce. Make sandwiches with the meat and serve.
- Pour the remaining sauce into a small bowl and serve it with the sandwiches.

Nutrition Facts



■ PROTEIN **44.17%** ■ FAT **36.95%** ■ CARBS **18.88%**

Properties

Glycemic Index:12.83, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:55.291304352491%

Nutrients (% of daily need)

Calories: 909.88kcal (45.49%), Fat: 36.99g (56.9%), Saturated Fat: 12.7g (79.38%), Carbohydrates: 42.52g (14.17%), Net Carbohydrates: 32.48g (11.81%), Sugar: 10.44g (11.6%), Cholesterol: 281.23mg (93.74%), Sodium: 599.56mg (26.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 99.48g (198.96%), Vitamin B12: 11.02µg (183.7%), Zinc: 20.49mg (136.61%), Selenium: 89.59µg (127.99%), Vitamin K: 129.79µg (123.61%), Vitamin B6: 2.15mg (107.38%), Vitamin B3: 20.55mg (102.74%), Phosphorus: 986.94mg (98.69%), Iron: 17.59mg (97.7%), Manganese: 1.53mg (76.53%), Vitamin B2: 0.99mg (58.4%), Potassium: 1815.51mg (51.87%), Vitamin B1: 0.67mg (44.99%), Magnesium: 176.11mg (44.03%), Calcium: 426.7mg (42.67%), Fiber: 10.04g (40.15%), Vitamin E: 5.21mg (34.72%), Copper: 0.58mg (29.19%), Folate: 104.39µg (26.1%), Vitamin B5: 1.94mg (19.39%), Vitamin A: 335.91IU (6.72%)