



Braised Beef Brisket with Spicy Jalapeno Sauce

 Gluten Free

READY IN



200 min.

SERVINGS



20

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 lb brisket thick
- 3 carrots peeled cut into 1-inch pieces
- 0.5 cup knudsen cream sour
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 3 cups onions sliced
- 2 jalapeño peppers stemmed
- 0.5 cup water

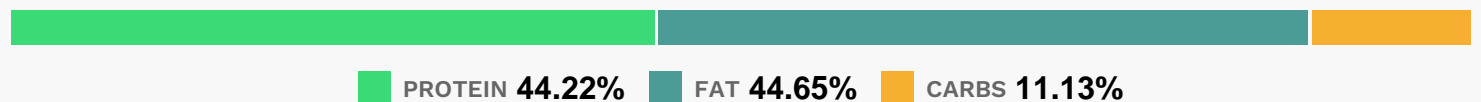
Equipment

- frying pan
- oven
- blender
- baking pan
- roasting pan
- aluminum foil

Directions

- Heat oven to 350F.
- Heat dressing in large skillet on medium-high heat.
- Add meat; cook 5 min. or until evenly browned, turning occasionally.
- Transfer to roasting pan or 13x9-inch baking dish.
- Surround with vegetables.
- Add water; cover tightly with foil.
- Bake 2-1/2 to 3 hours or until meat is done (160F).
- Let stand, covered, 10 min.
- Meanwhile, transfer vegetables to blender; blend until smooth.
- Add 1 cup meat drippings from bottom of pan; blend well.
- Cut meat across the grain into thin slices.
- Serve topped with vegetable sauce and sour cream.

Nutrition Facts



Properties

Glycemic Index:4.19, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:10.696521634641%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 157.2kcal (7.86%), Fat: 7.65g (11.77%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.25g (2.5%), Cholesterol: 52.61mg (17.54%), Sodium: 101.59mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.1%), Vitamin B12: 1.94µg (32.35%), Vitamin A: 1609.99IU (32.2%), Zinc: 3.52mg (23.47%), Vitamin B6: 0.41mg (20.29%), Selenium: 13.42µg (19.17%), Phosphorus: 176.9mg (17.69%), Vitamin B3: 3.31mg (16.56%), Vitamin C: 11.95mg (14.48%), Potassium: 356.75mg (10.19%), Vitamin B2: 0.16mg (9.4%), Iron: 1.65mg (9.19%), Vitamin B1: 0.1mg (7%), Magnesium: 23.73mg (5.93%), Vitamin K: 4.95µg (4.71%), Copper: 0.09mg (4.37%), Vitamin B5: 0.36mg (3.63%), Manganese: 0.07mg (3.56%), Fiber: 0.87g (3.47%), Folate: 13.39µg (3.35%), Vitamin E: 0.45mg (3%), Calcium: 20.07mg (2.01%)