



Braised Brisket of Beef

 **Gluten Free**  **Dairy Free**

READY IN



210 min.

SERVINGS



12

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 brisket fresh (not corned beef)
- 1.5 cups citrus champagne vinegar
- 12 oz chili sauce
- 0.3 cup brown sugar packed
- 1 teaspoon basil dried
- 0.5 teaspoon salt
- 2 medium onion thinly sliced
- 1 serving parsley chopped

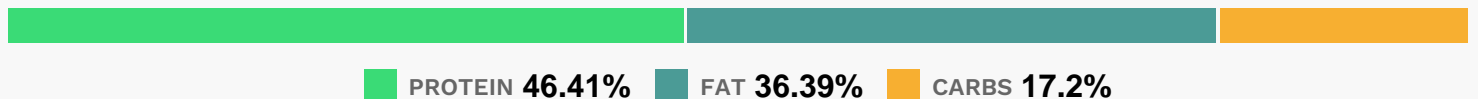
Equipment

- bowl
- oven
- ziploc bags
- slotted spoon
- dutch oven

Directions

- Place beef in resealable food-storage plastic bag or 3-quart casserole, cutting beef in half if necessary to fit. In medium bowl, stir vinegar, chili sauce, brown sugar, basil and salt until well blended.
- Pour over beef; turn to coat. Seal bag or cover casserole; refrigerate, turning beef once, at least 8 hours but no longer than 24 hours to marinate.
- Heat oven to 325°F.
- Place beef and marinade in 4-quart Dutch oven or 3-quart casserole.
- Place onions over top; cover. Roast 2 hours, brushing beef twice with marinade.
- Remove cover; roast 1 hour longer, brushing beef frequently with marinade, until beef is tender. Cover and let stand 10 minutes.
- To serve, cut beef across grain into thin slices; arrange on serving platter. With slotted spoon, place onions over beef.
- Sprinkle with parsley. Discard cooking liquid.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:16.383043537969%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 291.13kcal (14.56%), Fat: 11.25g (17.31%), Saturated Fat: 3.94g (24.61%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 10.93g (3.97%), Sugar: 9g (10%), Cholesterol: 93.72mg (31.24%), Sodium: 600.86mg (26.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.28g (64.56%), Vitamin B12: 3.67µg (61.22%), Zinc: 6.61mg (44.08%), Selenium: 25.25µg (36.08%), Vitamin B6: 0.71mg (35.28%), Phosphorus: 326.9mg (32.69%), Vitamin B3: 6.44mg (32.22%), Iron: 3.43mg (19.06%), Potassium: 652.32mg (18.64%), Vitamin B2: 0.28mg (16.65%), Vitamin B1: 0.19mg (12.36%), Magnesium: 42.37mg (10.59%), Vitamin K: 10.41µg (9.91%), Copper: 0.17mg (8.62%), Vitamin C: 6.49mg (7.86%), Vitamin E: 1.04mg (6.95%), Vitamin B5: 0.56mg (5.6%), Vitamin A: 221.84IU (4.44%), Folate: 17.43µg (4.36%), Fiber: 1.03g (4.14%), Manganese: 0.07mg (3.52%), Calcium: 25.43mg (2.54%)