



WHATSheATE



HEALTH SCORE

74%

Braised Brisket with Sweet Potatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



670 min.

SERVINGS



8

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 lb brisket trimmed



1 teaspoon rosemary dried



1 teaspoon thyme leaves dried



2 cloves garlic finely chopped



3 large onions thinly sliced



1 tablespoon paprika



1.5 teaspoons salt



3 pounds sweet potatoes peeled cut into 2-inch pieces

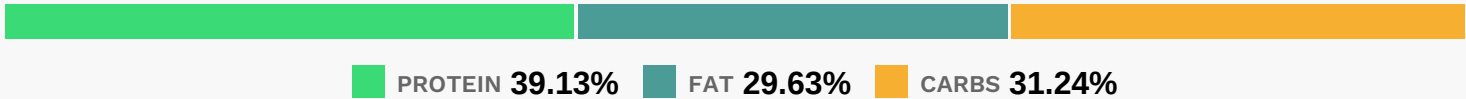
Equipment

- ☐ aluminum foil
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Mix 1 cup water, paprika, rosemary, thyme, salt and garlic in slow cooker.
- ☐ Add onions.
- ☐ Place brisket in slow cooker and turn to coat with liquid. Cook on low for 6 to 8 hours.
- ☐ Add sweet potatoes and continue to cook until brisket is fork-tender and potatoes are soft but not falling apart, 2 to 3 hours more.
- ☐ Remove meat and sweet potatoes from cooker.
- ☐ Place meat on a cutting board and tent with foil; let stand 10 minutes. Slice meat and skim fat from sauce.
- ☐ Serve with sauce on side.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:18.15, Inflammation Score:-10, Nutrition Score:34.665217648382%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.45mg, Quercetin: 11.45mg, Quercetin: 11.45mg, Quercetin: 11.45mg

Nutrients (% of daily need)

Calories: 524.29kcal (26.21%), Fat: 16.98g (26.13%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 33.85g (12.31%), Sugar: 9.6g (10.66%), Cholesterol: 140.61mg (46.87%), Sodium: 711.8mg

(30.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.46g (100.93%), Vitamin A: 24568.99IU (491.38%), Vitamin B12: 5.51µg (91.85%), Vitamin B6: 1.4mg (70.22%), Zinc: 10.44mg (69.58%), Phosphorus: 556.27mg (55.63%), Selenium: 38.67µg (55.24%), Vitamin B3: 10.05mg (50.24%), Potassium: 1427.96mg (40.8%), Iron: 5.87mg (32.61%), Vitamin B2: 0.52mg (30.39%), Manganese: 0.58mg (29.04%), Vitamin B1: 0.39mg (26.03%), Fiber: 6.43g (25.73%), Magnesium: 102.37mg (25.59%), Copper: 0.47mg (23.51%), Vitamin B5: 2.25mg (22.5%), Folate: 46.11µg (11.53%), Vitamin C: 8.56mg (10.37%), Vitamin E: 1.44mg (9.63%), Vitamin K: 9.09µg (8.66%), Calcium: 81.46mg (8.15%)