



Braised Corned Beef Brisket



Gluten Free



Dairy Free

READY IN



390 min.

SERVINGS



6

CALORIES



780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound flat-cut corned beef brisket
- ☐ 6 cloves garlic sliced
- ☐ 1 onion sliced
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons water

Equipment

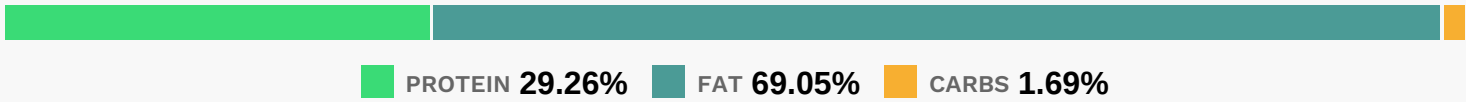
- ☐ frying pan
- ☐ oven

- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 275 degrees F (135 degrees C).
- ☐ Discard any flavoring packet from corned beef.
- ☐ Brush brisket with browning sauce on both sides.
- ☐ Heat vegetable oil in a large skillet over medium-high heat and brown brisket on both sides in the hot oil, 5 to 8 minutes per side.
- ☐ Place brisket on a rack set in a roasting pan. Scatter onion and garlic slices over brisket and add water to roasting pan. Cover pan tightly with aluminum foil.
- ☐ Roast in the preheated oven until meat is tender, about 6 hours.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.66, Inflammation Score:-5, Nutrition Score:32.263913175739%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 780.27kcal (39.01%), Fat: 58.62g (90.19%), Saturated Fat: 18.24g (113.97%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.86g (1.04%), Sugar: 0.81g (0.9%), Cholesterol: 204.12mg (68.04%), Sodium: 4601.68mg (200.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.88g (111.76%), Vitamin C: 104.35mg (126.49%), Vitamin B12: 6.73µg (112.14%), Selenium: 72.34µg (103.34%), Zinc: 10.84mg (72.26%), Vitamin B3: 13.88mg (69.38%), Vitamin B6: 1.16mg (57.77%), Phosphorus: 452.16mg (45.22%), Iron: 6.48mg (35.99%), Vitamin B2: 0.6mg (35.39%), Potassium: 1161.44mg (33.18%), Vitamin B5: 2.19mg (21.95%), Copper: 0.43mg (21.64%), Magnesium: 55.55mg (13.89%), Vitamin B1: 0.18mg (11.8%), Manganese: 0.15mg (7.47%), Folate: 22.47µg (5.62%), Vitamin K: 4.29µg (4.09%), Calcium: 36.26mg (3.63%), Fiber: 0.37g (1.5%), Vitamin E: 0.19mg (1.28%)