



Brisket Pot Roast with Butternut Squash, Sweet Potatoes, and Apricots



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 pound brisket trimmed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups butternut squash cubed peeled (1-inch) ()
- ☐ 1 cup apricots dried chopped
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 4 garlic cloves chopped

- ☐ 1.5 teaspoons kosher salt
- ☐ 14 ounce less-sodium beef broth fat-free canned
- ☐ 1 cup madeira wine
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion chopped
- ☐ 4 cups sweet potatoes and into cubed peeled (1-inch) (2 medium)

Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Sprinkle brisket with salt and pepper.
- ☐ Add brisket to pan; cook 5 minutes, turning to brown on all sides.
- ☐ Remove from pan.
- ☐ Add onion to pan; saut 8 minutes or until browned. Return beef to pan.
- ☐ Add Madeira, broth, garlic, and bay leaf to pan; bring to a simmer. Cover and bake at 350 for 1 1/2 hours.
- ☐ Add squash, potato, and apricots to pan. Cover and bake an additional 1 hour or until vegetables are tender.
- ☐ Remove bay leaf from pan; discard.
- ☐ Remove brisket from pan; cut diagonally across the grain into thin slices.
- ☐ Sprinkle with parsley.
- ☐ Serve with vegetables and cooking liquid.

Nutrition Facts



 PROTEIN **36.45%**  FAT **29.01%**  CARBS **34.54%**

Properties

Glycemic Index:20.67, Glycemic Load:7.79, Inflammation Score:-10, Nutrition Score:23.667391341666%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.36mg, Apigenin: 2.36mg, Apigenin: 2.36mg, Apigenin: 2.36mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 325.22kcal (16.26%), Fat: 10.03g (15.43%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 22.95g (8.35%), Sugar: 10.92g (12.13%), Cholesterol: 76.7mg (25.57%), Sodium: 513.89mg (22.34%), Alcohol: 2.25g (100%), Alcohol %: 0.87% (100%), Protein: 28.35g (56.7%), Vitamin A: 12792.55IU (255.85%), Vitamin B12: 3.01µg (50.1%), Vitamin B6: 0.78mg (38.83%), Zinc: 5.7mg (38.01%), Phosphorus: 311.39mg (31.14%), Vitamin B3: 6.14mg (30.7%), Selenium: 21.42µg (30.6%), Potassium: 1029.38mg (29.41%), Vitamin K: 22.1µg (21.05%), Iron: 3.57mg (19.81%), Vitamin C: 15.92mg (19.29%), Manganese: 0.37mg (18.45%), Magnesium: 67.72mg (16.93%), Vitamin B2: 0.27mg (16.02%), Fiber: 3.91g (15.64%), Vitamin B1: 0.23mg (15.45%), Copper: 0.27mg (13.39%), Vitamin E: 1.89mg (12.58%), Vitamin B5: 1.14mg (11.42%), Folate: 36.37µg (9.09%), Calcium: 64.45mg (6.44%)