



HEALTH SCORE

61%

Brisket with Carrots and Onions



Gluten Free



Dairy Free



Very Healthy

READY IN



250 min.

SERVINGS



12

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pounds brisket
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 1 pound carrots peeled cut into 2-inch chunks
- ☐ 8 stalks celery cut into 2-inch chunks
- ☐ 6 bay leaves fresh
- ☐ 4 cloves garlic minced
- ☐ 2 tablespoons kosher salt
- ☐ 2 teaspoons oregano leaves dried

- ☐ 46 ounce sacramento tomato juice canned
- ☐ 6 onions yellow peeled sliced

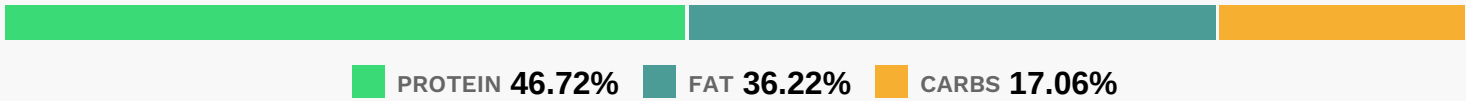
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the brisket in a heavy roasting pan. In a small bowl, combine the salt, pepper, garlic, and oregano. Rub the mixture on the brisket. Pile the carrots, celery, onions, and bay leaves on the brisket and pour in enough tomato juice to come about 3/4 of the way up the meat and vegetables. Cover the top of the pan with 2 sheets of parchment paper, then with aluminum foil. (The tomato juice will react unpleasantly with the aluminum foil if they touch.)
- ☐ Bake for 3 1/2 hours, or until the meat is tender.
- ☐ Remove the meat from the pan and keep it warm.
- ☐ Place the pan on 2 burners and boil the vegetables and sauce over medium heat for another 30 minutes, or until the sauce is thickened.
- ☐ To serve, slice the meat across the grain.
- ☐ Serve with the vegetables.

Nutrition Facts



Properties

Glycemic Index:17.57, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:34.688695617344%

Flavonoids

Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.37mg, Quercetin: 11.37mg, Quercetin: 11.37mg, Quercetin: 11.37mg

Nutrients (% of daily need)

Calories: 430.91kcal (21.55%), Fat: 17.24g (26.53%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 13.54g (4.92%), Sugar: 9.29g (10.32%), Cholesterol: 140.61mg (46.87%), Sodium: 1535.3mg (66.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.05g (100.09%), Vitamin A: 6679.92IU (133.6%), Vitamin B12: 5.51µg (91.85%), Zinc: 10.32mg (68.78%), Vitamin B6: 1.27mg (63.56%), Selenium: 38.44µg (54.92%), Vitamin B3: 10.81mg (54.06%), Phosphorus: 528.82mg (52.88%), Potassium: 1350.58mg (38.59%), Iron: 6.25mg (34.74%), Vitamin B2: 0.5mg (29.28%), Vitamin B1: 0.37mg (24.47%), Manganese: 0.47mg (23.3%), Vitamin K: 24.37µg (23.21%), Magnesium: 88.68mg (22.17%), Copper: 0.44mg (21.94%), Vitamin C: 17.47mg (21.17%), Fiber: 4.74g (18.98%), Vitamin E: 2.48mg (16.55%), Folate: 58.2µg (14.55%), Vitamin B5: 1.35mg (13.46%), Calcium: 93.83mg (9.38%)