



HEALTH SCORE

57%

Brisket with Dried Apricots, Prunes, and Aromatic Spices



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 pound flat-cut beef brisket
- ☐ 2 medium carrots coarsely chopped
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 4 ounces apricots dried quartered
- ☐ 1 cup cooking wine dry red
- ☐ 8 servings cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled

- ☐ 9 large garlic cloves
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 15.5 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper black
- ☐ 3 cups low-salt beef broth homemade canned
- ☐ 3 tablespoons olive oil
- ☐ 4 cups onions chopped
- ☐ 0.7 cup prune- cut to pieces pitted quartered
- ☐ 1 teaspoon salt

Equipment

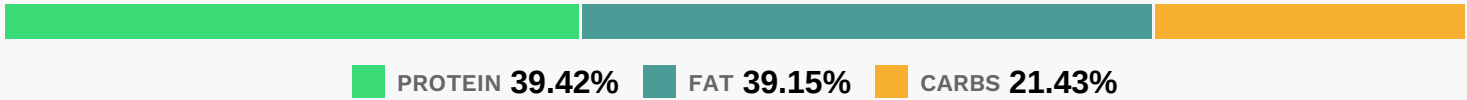
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Combine 1/3 cup apricots, 3 garlic cloves, 1 teaspoon cumin, salt, cinnamon, and 1/4 teaspoon pepper in processor. Using on/off turns, chop to coarse puree. Using small sharp knife, make 1/2-inch-deep slits all over brisket. Set aside 1 tablespoon apricot mixture. Press remaining apricot mixture into slits.
- ☐ Position rack in bottom third of oven and preheat to 300°F.
- ☐ Heat oil in heavy large ovenproof pot over medium-high heat.
- ☐ Sprinkle brisket all over with salt and pepper.
- ☐ Add brisket to pot and sauté until brown, about 5 minutes per side.
- ☐ Transfer to plate, fat side up; spread with reserved 1 tablespoon apricot mixture.
- ☐ Add onions to same pot. Sauté over medium-high heat 5 minutes.

- ☐ Add carrots, ginger, coriander, cayenne pepper, remaining 6 garlic cloves and 2 1/2 teaspoons cumin; sauté 3 minutes.
- ☐ Add wine and boil until reduced almost to glaze, stirring up any browned bits, about 5 minutes. Return brisket to pot.
- ☐ Add stock and bring to simmer. Spoon some of vegetable mixture over brisket.
- ☐ Cover pot and place in oven. Roast brisket 2 1/2 hours, basting every 30 minutes with pan juices.
- ☐ Add prunes and remaining 1/3 cup apricots. Cover; roast until brisket is tender, about 30 minutes longer. Cool brisket uncovered 1 hour. Chill uncovered until cold, then cover and keep chilled overnight.
- ☐ Spoon off any solid fat from top of gravy; discard fat. Scrape gravy off brisket into pot.
- ☐ Place brisket on work surface. Slice brisket thinly across grain. Bring gr avy in pot to boil over medium-high heat. Boil to thicken slightly, if desired. Season gravy with salt and pepper. Arrange sliced brisket in large ovenproof dish. Spoon gravy over. Cover with foil. (Can be made 2 days ahead; refrigerate.)
- ☐ Rewarm covered brisket in 350°F oven about 30 minutes (or 40 minutes if chilled).
- ☐ Sprinkle with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:35.9, Glycemic Load:7.55, Inflammation Score:-10, Nutrition Score:34.209565121195%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.26mg, Delphinidin: 1.26mg, Delphinidin: 1.26mg, Delphinidin: 1.26mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 16.82mg, Quercetin: 16.82mg, Quercetin: 16.82mg, Quercetin: 16.82mg

Nutrients (% of daily need)

Calories: 601.06kcal (30.05%), Fat: 25.24g (38.83%), Saturated Fat: 7.46g (46.6%), Carbohydrates: 31.09g (10.36%), Net Carbohydrates: 26.58g (9.66%), Sugar: 17.35g (19.28%), Cholesterol: 158.19mg (52.73%), Sodium: 680.14mg (29.57%), Alcohol: 3.15g (100%), Alcohol %: 0.78% (100%), Protein: 57.18g (114.35%), Vitamin B12: 6.2µg (103.33%), Zinc: 11.53mg (76.88%), Vitamin B6: 1.3mg (65%), Vitamin A: 3243.16IU (64.86%), Selenium: 43.38µg (61.97%), Phosphorus: 587.55mg (58.75%), Vitamin B3: 11.15mg (55.77%), Iron: 8.35mg (46.37%), Potassium: 1550.13mg (44.29%), Vitamin B2: 0.52mg (30.57%), Magnesium: 95.45mg (23.86%), Vitamin B1: 0.34mg (22.91%), Manganese: 0.45mg (22.52%), Copper: 0.38mg (19.06%), Fiber: 4.51g (18.05%), Vitamin K: 18.6µg (17.72%), Vitamin E: 2.51mg (16.75%), Vitamin B5: 1.19mg (11.91%), Vitamin C: 8.55mg (10.36%), Folate: 38.65µg (9.66%), Calcium: 95.57mg (9.56%)