



HEALTH SCORE

55%

Brisket with Herbed Spinach Stuffing



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



973 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 3 large carrots peeled cut into 1-inch pieces
- ☐ 3 celery stalks sliced
- ☐ 2.3 cups chicken broth canned
- ☐ 1 large eggs beaten to blend
- ☐ 4 pound flat parsely
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 5 garlic clove peeled

- ☐ 1 cup sheets matzo whole crumbled finely (1 cup)
- ☐ 3 tablespoons olive oil
- ☐ 2 pounds onion thinly sliced
- ☐ 10 ounce spinach frozen dry thawed chopped

Equipment

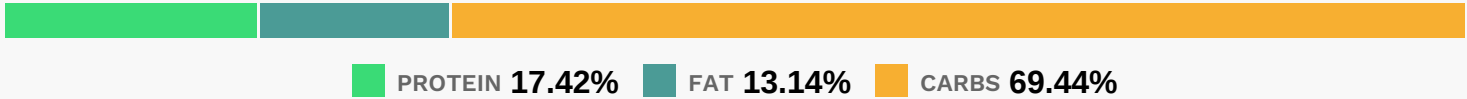
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oil in heavy large skillet over medium heat.
- ☐ Add onions, garlic and thyme; sauté until onions soften, about 5 minutes. Cool 15 minutes.
- ☐ Mix in spinach and matzo. Season stuffing with salt and pepper.
- ☐ Mix in egg.
- ☐ Preheat oven to 350°F.
- ☐ Cut deep pocket in 1 side of brisket, leaving 3/4-inch border of meat uncut on remaining 3 sides. Fill pocket with stuffing. Skewer or sew pocket closed.
- ☐ Sprinkle salt and pepper all over brisket.
- ☐ Arrange half of onions in bottom of large roasting pan.
- ☐ Place brisket, fat side up, on onions. Top brisket with remaining onions.
- ☐ Pour 1/4 cup broth into pan.
- ☐ Bake brisket uncovered until meat and onions begin to brown, about 1 hour.
- ☐ Add carrots, celery, garlic, thyme and bay leaf to pan around brisket.
- ☐ Pour remaining 2 cups broth over. Cover pan with foil. Reduce temperature to 300°F.
- ☐ Bake brisket until tender, about 2 1/2 hours longer.

- ☐ Remove from oven. Uncover pan; let brisket stand 30 minutes. Thinly slice brisket across grain. Overlap slices on platter. Surround with vegetables from pan. Spoon off fat from pan juices; season juices with salt and pepper.
- ☐ Serve brisket with pan juices.

Nutrition Facts



Properties

Glycemic Index:34.73, Glycemic Load:121.11, Inflammation Score:-10, Nutrition Score:35.776087170062%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 23.11mg, Quercetin: 23.11mg, Quercetin: 23.11mg, Quercetin: 23.11mg

Nutrients (% of daily need)

Calories: 973.15kcal (48.66%), Fat: 14.06g (21.63%), Saturated Fat: 2.74g (17.11%), Carbohydrates: 167.2g (55.73%), Net Carbohydrates: 157.42g (57.24%), Sugar: 6.47g (7.18%), Cholesterol: 52.08mg (17.36%), Sodium: 1553.5mg (67.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.93g (83.87%), Vitamin A: 8853.27IU (177.07%), Vitamin K: 140.91µg (134.2%), Manganese: 1.77mg (88.41%), Vitamin B1: 0.83mg (55.35%), Phosphorus: 410.77mg (41.08%), Vitamin B3: 8.01mg (40.04%), Fiber: 9.78g (39.11%), Selenium: 26.43µg (37.76%), Folate: 142.62µg (35.66%), Iron: 6.18mg (34.33%), Vitamin B2: 0.52mg (30.88%), Magnesium: 121.27mg (30.32%), Calcium: 298.86mg (29.89%), Copper: 0.55mg (27.53%), Zinc: 4.12mg (27.49%), Vitamin B6: 0.49mg (24.66%), Potassium: 793.56mg (22.67%), Vitamin C: 13.97mg (16.94%), Vitamin E: 2.26mg (15.05%), Vitamin B5: 1.39mg (13.92%), Vitamin B12: 0.63µg (10.54%), Vitamin D: 0.18µg (1.22%)