



Busy Day Barbeque Brisket



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups barbeque sauce
- ☐ 3 pounds brisket trimmed of fat
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon liquid smoke flavoring
- ☐ 1 teaspoon onion powder

- ☐ 1 tablespoon paprika
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon thyme leaves dried
- ☐ 2 tablespoons worcestershire sauce

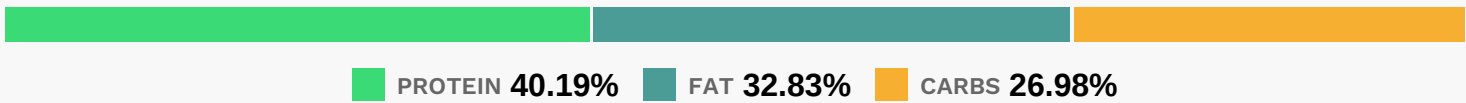
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Combine thyme, paprika, pepper, salt, onion powder, garlic powder, cayenne, and cumin in a small bowl; set aside. Rub brisket all over with liquid smoke, then rub with spice mixture.
- ☐ Pour Worcestershire and barbeque sauces into a slow cooker; place beef on top. Cover, and cook on LOW 8 to 10 hours, until fork tender.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.15, Inflammation Score:-8, Nutrition Score:18.788695843323%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

Nutrients (% of daily need)

Calories: 366.1kcal (18.31%), Fat: 13.07g (20.11%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 23.02g (8.37%), Sugar: 18.36g (20.4%), Cholesterol: 105.46mg (35.15%), Sodium: 1325.34mg (57.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36g (72.01%), Vitamin B12: 4.13µg (68.89%), Zinc: 7.52mg (50.11%), Selenium: 28.79µg (41.13%), Vitamin B6: 0.79mg (39.32%), Phosphorus: 362.21mg (36.22%), Vitamin B3: 7.18mg (35.9%), Iron: 4.34mg (24.1%), Potassium: 761.23mg (21.75%), Vitamin B2: 0.34mg (20.15%), Vitamin A: 652.36IU (13.05%), Magnesium: 51.55mg (12.89%), Vitamin B1: 0.19mg (12.83%), Copper: 0.21mg (10.27%), Manganese: 0.2mg (9.87%), Vitamin E: 1.28mg (8.53%), Vitamin B5: 0.72mg (7.19%), Vitamin K: 4.86µg (4.63%), Fiber: 1.14g (4.56%), Calcium: 41.33mg (4.13%), Folate: 14.62µg (3.65%), Vitamin C: 2.45mg (2.97%)