



Classic Brisket

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 pound brisket boneless with some fat left on trimmed
- 2 celery stalks chopped
- 12 ounce tomato-chili sauce
- 1 tablespoon strongly coffee brewed
- 1 cup cooking wine dry red
- 1 cup catsup
- 1.5 teaspoons kosher salt
- 2 tablespoons olive oil

- 3 cups onions divided chopped
- 1.5 teaspoons pepper freshly ground
- 1.5 teaspoons greek seasoning
- 1 tablespoon mustard stone-ground
- 1 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- oven
- roasting pan
- aluminum foil
- cutting board

Directions

- Preheat oven to 35
- Combine first 3 ingredients; sprinkle mixture over both sides of brisket.
- Heat oil over medium-high heat in a large heavy roasting pan set over 2 burners.
- Add brisket, fat side down, and cook about 5 minutes or until browned on underside. Turn brisket; add celery and 1 cup onion around sides of pan. Cook, stirring vegetables occasionally, 6 to 8 minutes or until brisket is browned and vegetables are golden.
- Mix chili sauce, next 4 ingredients, and remaining chopped onion in a bowl; pour over brisket, combining with pan juices and vegetables. Cover with aluminum foil, and bake 1 hour.
- Add wine, cover, and bake 2 1/2 to 3 more hours or until brisket is very tender when pierced with a fork.
- Transfer to cutting board; let stand 10 minutes. Slice thinly against grain, and arrange on a warm platter. Skim fat from pan juices; serve juices as gravy.
- *For testing purposes, we used Cavender's All-purpose Greek Seasoning.
- **For testing purposes, we used Heinz Chili Sauce.

Nutrition Facts

PROTEIN 42.33% FAT 39.11% CARBS 18.56%

Properties

Glycemic Index:16, Glycemic Load:1.31, Inflammation Score:-7, Nutrition Score:29.446521385856%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, 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, Epicatechin: 3.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg

Nutrients (% of daily need)

Calories: 550.01kcal (27.5%), Fat: 22.64g (34.83%), Saturated Fat: 7.16g (44.78%), Carbohydrates: 24.17g (8.06%), Net Carbohydrates: 21.46g (7.8%), Sugar: 14.74g (16.38%), Cholesterol: 158.19mg (52.73%), Sodium: 1513.51mg (65.8%), Alcohol: 3.15g (100%), Alcohol %: 0.93% (100%), Protein: 55.13g (110.27%), Vitamin B12: 6.2µg (103.33%), Zinc: 11.26mg (75.09%), Vitamin B6: 1.27mg (63.59%), Selenium: 43.53µg (62.18%), Vitamin B3: 11.3mg (56.51%), Phosphorus: 564.89mg (56.49%), Potassium: 1200.29mg (34.29%), Iron: 5.94mg (33.01%), Vitamin B2: 0.54mg (31.72%), Vitamin B1: 0.33mg (22.06%), Magnesium: 78mg (19.5%), Vitamin E: 2.77mg (18.46%), Copper: 0.32mg (16.14%), Vitamin C: 12.63mg (15.31%), Vitamin K: 15.47µg (14.73%), Manganese: 0.25mg (12.36%), Fiber: 2.71g (10.86%), Vitamin B5: 1.01mg (10.07%), Folate: 38.63µg (9.66%), Vitamin A: 468.45IU (9.37%), Calcium: 58.71mg (5.87%)