



Cola-Braised Brisket



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



10

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb brisket trimmed
- ☐ 28 oz canned tomatoes crushed canned
- ☐ 2 cups coca-cola
- ☐ 2 tablespoons brown sugar light packed
- ☐ 2 teaspoons onion powder
- ☐ 4 onions thinly sliced
- ☐ 1 teaspoon pepper
- ☐ 1 tablespoon salt

- ☐ 1 tablespoon paprika sweet
- ☐ 2 tablespoons vegetable oil

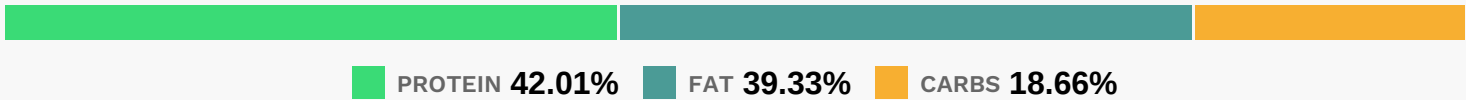
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven
- ☐ slow cooker
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Combine brown sugar, salt, paprika, onion powder and pepper in a small bowl. Rub mixture all over brisket.
- ☐ Warm oil in a large pot or Dutch oven over medium-high heat. Cook brisket until browned on all sides, turning with tongs, about 7 minutes total.
- ☐ Transfer meat to slow cooker.
- ☐ Arrange onions on top of brisket.
- ☐ Whisk together cola and tomatoes in a large bowl and pour over onions and brisket. Cover and cook on low until meat is fork-tender, 7 to 8 hours.
- ☐ Transfer meat to a cutting board and allow to stand for 10 minutes.
- ☐ Remove gravy from slow cooker. Slice meat against the grain and serve with gravy.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:5.42, Inflammation Score:-6, Nutrition Score:22.7100002662%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 378.7kcal (18.93%), Fat: 16.47g (25.34%), Saturated Fat: 5.18g (32.39%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 14.97g (5.44%), Sugar: 12.02g (13.36%), Cholesterol: 112.49mg (37.5%), Sodium: 950.89mg (41.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.78mg (1.26%), Protein: 39.58g (79.15%), Vitamin B12: 4.41µg (73.48%), Zinc: 8.17mg (54.47%), Vitamin B6: 0.95mg (47.67%), Selenium: 30.64µg (43.77%), Vitamin B3: 8.25mg (41.23%), Phosphorus: 411.47mg (41.15%), Iron: 4.87mg (27.04%), Potassium: 922.4mg (26.35%), Vitamin B2: 0.37mg (21.82%), Vitamin B1: 0.27mg (17.7%), Magnesium: 64.28mg (16.07%), Copper: 0.32mg (15.99%), Manganese: 0.27mg (13.68%), Vitamin E: 2.01mg (13.41%), Vitamin C: 10.66mg (12.92%), Vitamin K: 12.65µg (12.05%), Fiber: 2.61g (10.45%), Vitamin A: 517.42IU (10.35%), Vitamin B5: 0.94mg (9.36%), Folate: 32.04µg (8.01%), Calcium: 53.57mg (5.36%)