



Cousin David's Slow Cooker Brisket



Dairy Free

READY IN



605 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound brisket
- ☐ 24 ounce chili sauce
- ☐ 1 ounce onion soup mix dry
- ☐ 2 teaspoons garlic powder

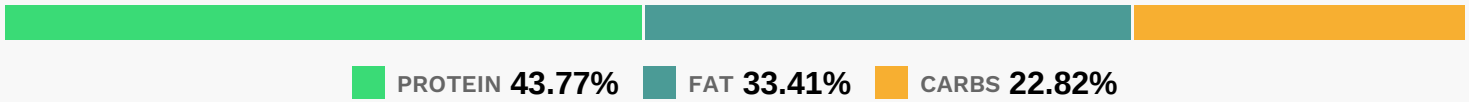
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place the beef brisket into a slow cooker. In a medium bowl, mix together the chili sauce, onion soup mix, and garlic powder.
- ☐ Pour over the brisket. Cover, and cook on the Low setting for 8 to 10 hours. Slice the brisket against the grain, and pour the gravy over the slices.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.05, Inflammation Score:-8, Nutrition Score:39.55478224547%

Nutrients (% of daily need)

Calories: 709.52kcal (35.48%), Fat: 25.62g (39.41%), Saturated Fat: 8.9g (55.61%), Carbohydrates: 39.38g (13.13%), Net Carbohydrates: 34.7g (12.62%), Sugar: 22.99g (25.54%), Cholesterol: 210.92mg (70.31%), Sodium: 3118.14mg (135.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.52g (151.04%), Vitamin B12: 8.27µg (137.78%), Zinc: 15.06mg (100.39%), Vitamin B6: 1.77mg (88.35%), Selenium: 58.38µg (83.39%), Vitamin B3: 16.24mg (81.21%), Phosphorus: 793.41mg (79.34%), Potassium: 1821mg (52.03%), Iron: 8.07mg (44.81%), Vitamin B2: 0.72mg (42.29%), Vitamin B1: 0.52mg (34.64%), Vitamin C: 27.47mg (33.3%), Vitamin E: 4.37mg (29.16%), Copper: 0.53mg (26.31%), Magnesium: 104.06mg (26.02%), Vitamin A: 1157.72IU (23.15%), Fiber: 4.69g (18.74%), Vitamin K: 13.37µg (12.74%), Vitamin B5: 1.26mg (12.62%), Folate: 39.83µg (9.96%), Calcium: 62.35mg (6.23%), Manganese: 0.11mg (5.47%)