



Cuban Brisket

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

READY IN



205 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1.8 pounds brisket trimmed
- 14 ounce beef broth canned
- 14.5 ounce canned tomatoes diced with green peppers and onion canned
- 1 cup celery chopped
- 2 teaspoons coriander dried
- 1 garlic clove minced
- 0.5 teaspoon ground allspice

- 1.5 teaspoons ground cumin
- 0.3 cup juice of lime fresh
- 0.3 cup blackstrap molasses
- 1.5 cups onion chopped
- 2 teaspoons oregano dried
- 2 teaspoons paprika
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 2 teaspoons vegetable oil
- 3 tablespoons worcestershire sauce

Equipment

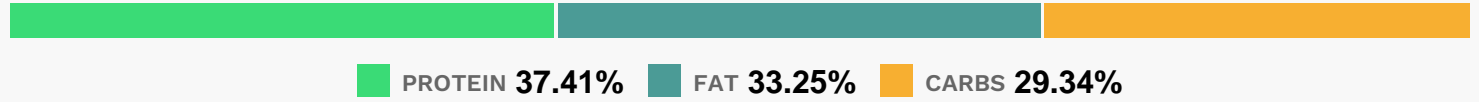
- frying pan
- oven
- ziploc bags
- dutch oven

Directions

- Cut several 1/4-inch-deep slits into brisket.
- Combine lime juice and next 10 ingredients in a large heavy-duty zip-top plastic bag; add brisket. Seal and marinate in refrigerator 8 hours, turning bag occasionally.
- Preheat oven to 32
- Remove brisket from bag, reserving marinade.
- Heat oil in a large oven-proof Dutch oven over medium-high heat.
- Add brisket; cook 4 minutes on each side or until browned.
- Remove brisket from pan. Reduce heat to medium; add onion and celery to pan. Cook 3 minutes or until tender.
- Add broth, tomatoes, bay leaf, reserved marinade, and brisket; bring to a boil.
- Remove from heat.

- Cover and bake at 325 for 3 hours.
- Remove and discard bay leaf.
- Remove brisket from pan; shred with 2 forks.
- Add meat to sauce.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:7.03, Inflammation Score:-8, Nutrition Score:22.061739050824%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 320.29kcal (16.01%), Fat: 11.93g (18.35%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 20.73g (7.54%), Sugar: 16.56g (18.4%), Cholesterol: 82.02mg (27.34%), Sodium: 961.35mg (41.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.2g (60.4%), Vitamin B12: 3.26µg (54.35%), Vitamin B6: 0.85mg (42.72%), Zinc: 6.13mg (40.84%), Selenium: 25.58µg (36.55%), Vitamin B3: 7.01mg (35.03%), Phosphorus: 329.92mg (32.99%), Potassium: 1100.17mg (31.43%), Iron: 5.56mg (30.9%), Manganese: 0.54mg (26.78%), Magnesium: 92.91mg (23.23%), Vitamin B2: 0.32mg (18.97%), Copper: 0.36mg (17.99%), Vitamin K: 18.79µg (17.89%), Vitamin C: 14.39mg (17.45%), Vitamin B1: 0.23mg (15.3%), Vitamin E: 1.82mg (12.13%), Fiber: 2.96g (11.83%), Vitamin A: 586.33IU (11.73%), Calcium: 109.47mg (10.95%), Folate: 37.02µg (9.25%), Vitamin B5: 0.91mg (9.11%)