



WHATSheATE



HEALTH SCORE

58%

David's Mesquite Smoked Texas Brisket



Gluten Free



Dairy Free

READY IN



280 min.

SERVINGS



16

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



8 pounds brisket



15 cloves garlic peeled



0.3 cup penzey's southwest seasoning greek-style

Equipment



baking sheet



oven



knife



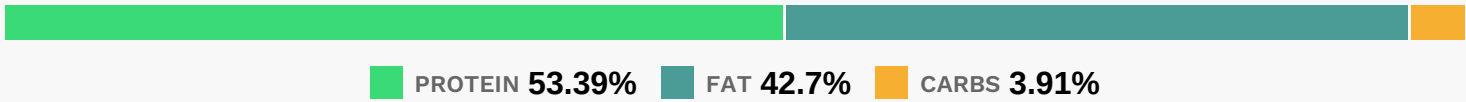
grill

☐ aluminum foil

Directions

- ☐ Make deep cuts into the brisket with a paring knife.
- ☐ Place cloves all the way into the cuts. Liberally sprinkle brisket with Greek seasoning.
- ☐ Place mesquite wood over gray/hot charcoals.
- ☐ Put brisket fat side down on the grill. Smoke for 2 hours and do not turn the meat.
- ☐ Take the meat out and wrap tightly 2 times in extra heavy aluminum foil. Put in the oven for 2 hours on a cookie sheet at 250 degrees F.
- ☐ Remove from oven and let sit (still wrapped in foil) 30 minutes to 1 hour before serving to let the meat "firm up" and the juice to be absorbed.

Nutrition Facts



Properties

Glycemic Index:2.19, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:24.13347831498%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 365.52kcal (18.28%), Fat: 16.89g (25.98%), Saturated Fat: 5.93g (37.09%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.18g (0.2%), Cholesterol: 140.61mg (46.87%), Sodium: 180.57mg (7.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.5g (95.01%), Vitamin B12: 5.51µg (91.85%), Zinc: 9.91mg (66.05%), Selenium: 37.76µg (53.94%), Vitamin B6: 1.03mg (51.3%), Phosphorus: 465.63mg (46.56%), Vitamin B3: 9.13mg (45.63%), Iron: 5.76mg (32.01%), Vitamin K: 25.98µg (24.74%), Vitamin B2: 0.41mg (24.01%), Potassium: 806.28mg (23.04%), Vitamin B1: 0.24mg (15.93%), Magnesium: 62.85mg (15.71%), Manganese: 0.26mg (13.16%), Copper: 0.21mg (10.66%), Vitamin E: 1.4mg (9.35%), Vitamin B5: 0.84mg (8.45%), Calcium: 75.47mg (7.55%), Fiber: 1.63g (6.52%), Folate: 24.72µg (6.18%), Vitamin A: 63.13IU (1.26%), Vitamin C: 0.96mg (1.17%)