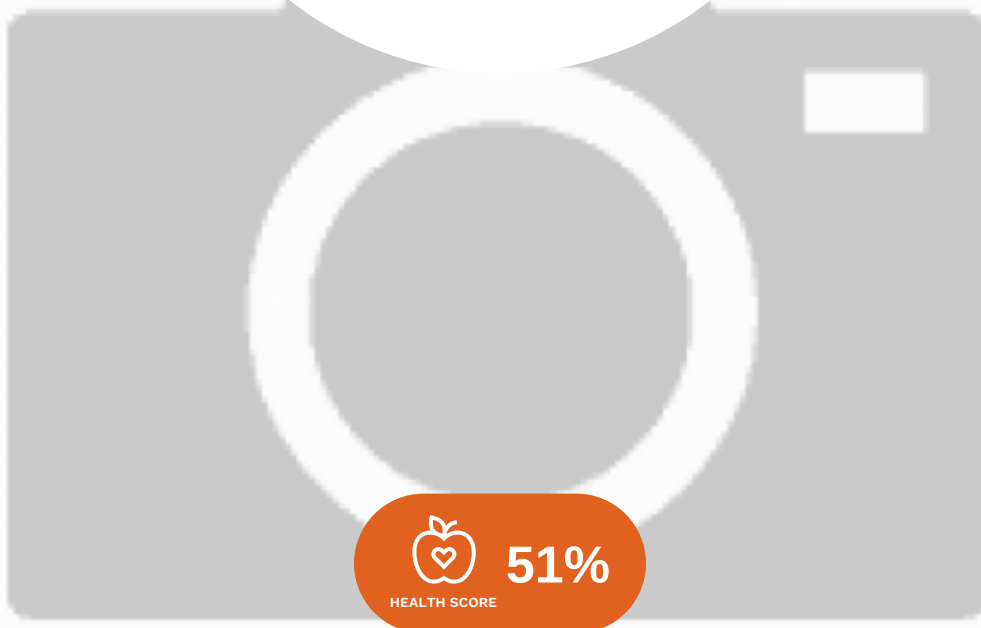




Dry Rub Beef Brisket



Gluten Free



Dairy Free



Low Fod Map

READY IN



315 min.

SERVINGS



10

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound brisket
- ☐ 0.5 cup beef stock
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon liquid smoke
- ☐ 3 tablespoons steak seasoning
- ☐ 1 tablespoon pepper flakes red

Equipment

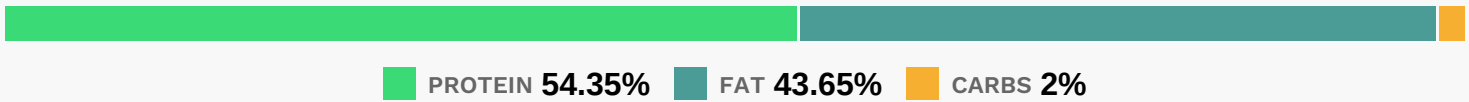
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 275 degrees F (135 degrees C).
- ☐ Place the brisket in a glass baking dish, fatty-side down.
- ☐ Mix Montreal steak seasoning and red pepper flakes together in a small bowl; rub over the brisket firmly to press into the meat. Flip the brisket and continue seasoning the fatty side.
- ☐ Stir beef stock, lemon juice, and liquid smoke together in the bowl; drizzle over the seasoned brisket. Cover the baking dish tightly with aluminum foil.
- ☐ Roast in the preheated oven to your desired degree of doneness, or an internal temperature of 145 degrees F (65 degrees C) for medium, about 5 hours.
- ☐ Remove from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:22.621739180192%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 360.38kcal (18.02%), Fat: 16.94g (26.07%), Saturated Fat: 5.94g (37.12%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.31g (0.35%), Cholesterol: 140.61mg (46.87%), Sodium: 219.76mg (9.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.47g (94.95%), Vitamin B12: 5.51µg (91.85%), Zinc: 9.87mg (65.8%), Selenium: 37.59µg (53.71%), Vitamin B6: 0.99mg (49.73%), Phosphorus: 464.52mg (46.45%), Vitamin B3: 9.17mg (45.87%), Iron: 4.95mg (27.52%), Vitamin B2: 0.41mg (23.95%), Potassium: 800.72mg (22.88%),

Vitamin B1: 0.24mg (15.83%), Magnesium: 57.25mg (14.31%), Vitamin K: 13.47µg (12.83%), Copper: 0.21mg (10.33%),
Vitamin B5: 0.81mg (8.09%), Vitamin E: 1.06mg (7.05%), Manganese: 0.13mg (6.42%), Vitamin A: 269.15IU (5.38%),
Folate: 19.22µg (4.8%), Vitamin C: 2.51mg (3.04%), Calcium: 27.26mg (2.73%), Fiber: 0.43g (1.73%)