



Easy Braised Brisket



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pound brisket trimmed
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon oregano dried

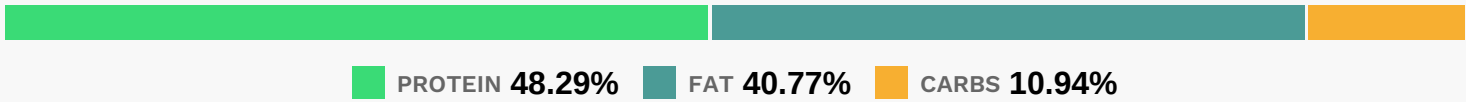
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sprinkle brisket evenly with 3/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add brisket to pan; cook 10 minutes, browning on all sides.
- ☐ Remove brisket from pan.
- ☐ Add onion and oregano to pan; saut 3 minutes. Return brisket to pan; add 1/2 cup water. Cover; reduce heat, and simmer 2 hours.
- ☐ Add olives and tomatoes; cover and cook 1 hour.
- ☐ Remove brisket from pan.
- ☐ Let stand 5 minutes.
- ☐ Cut brisket against grain into thin slices; return brisket slices to pan. Cover and cook over medium-low heat 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:16.56434781655%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 256.97kcal (12.85%), Fat: 11.49g (17.68%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 5.16g (1.88%), Sugar: 3.57g (3.97%), Cholesterol: 87.88mg (29.29%), Sodium: 268.82mg (11.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.62g (61.25%), Vitamin B12: 3.44µg (57.41%), Zinc: 6.31mg (42.05%), Vitamin B6: 0.71mg (35.64%), Selenium: 23.77µg (33.95%), Vitamin B3: 6.27mg (31.36%), Phosphorus: 310.65mg (31.07%), Iron: 3.57mg (19.85%), Potassium: 667.63mg (19.08%), Vitamin B2: 0.28mg (16.32%), Vitamin B1: 0.2mg (13.05%), Magnesium: 47.17mg (11.79%), Copper: 0.23mg (11.37%), Vitamin E: 1.36mg (9.08%), Vitamin C: 6.95mg (8.43%), Manganese: 0.17mg (8.25%), Fiber: 1.78g (7.11%), Vitamin B5: 0.68mg (6.79%),

Vitamin K: 6.32μg (6.02%), Folate: 23.06μg (5.77%), Calcium: 38.38mg (3.84%), Vitamin A: 137.43IU (2.75%)