



 **53%**
HEALTH SCORE

Easy Slow Cooker BBQ Beef Brisket

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

READY IN



630 min.

SERVINGS



6

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chipotles in adobo finely chopped
- 5 pound brisket
- 1 teaspoon pepper black as needed freshly ground plus more
- 1 teaspoon ground pepper
- 1 tablespoon chili powder
- 3 tablespoons apple cider vinegar
- 1 tablespoon t brown sugar dark packed
- 1 teaspoon garlic powder

- 1 tablespoon ground cumin
- 1.5 cups catsup
- 1 tablespoon kosher salt as needed plus more
- 0.3 cup paprika
- 0.5 cup water
- 3 tablespoons worcestershire sauce
- 0.3 cup onion yellow finely chopped

Equipment

- bowl
- slow cooker
- cutting board

Directions

- Place all of the barbecue sauce ingredients in a 3-quart or larger slow cooker and stir to combine.
- Place all of the measured brisket ingredients except the brisket in a medium bowl and stir to combine.
- Place the brisket on a cutting board and cut it in half widthwise. Evenly coat it with the spice rub and place the 2 brisket pieces in the slow cooker. Cover and cook on low until fork-tender, about 10 hours.
- Transfer the brisket to a clean cutting board.
- Pour the barbecue sauce from the slow cooker into a medium heatproof bowl and set it aside.
- Remove the excess fat from the brisket and discard it. Slice the meat against the grain into 1/4-inch-thick pieces and return it to the slow cooker. (Alternatively, you can shred the meat with 2 forks.) Use a spoon to skim and discard the fat from the surface of the barbecue sauce. Return the sauce to the slow cooker and stir gently to combine it with the meat. Taste and season with salt and pepper as needed.

Nutrition Facts



■ PROTEIN 46.81% ■ FAT 38.09% ■ CARBS 15.1%

Properties

Glycemic Index:26, Glycemic Load:0.4, Inflammation Score:-9, Nutrition Score:40.968261076056%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 691.96kcal (34.6%), Fat: 28.99g (44.6%), Saturated Fat: 9.96g (62.27%), Carbohydrates: 25.86g (8.62%), Net Carbohydrates: 22.71g (8.26%), Sugar: 16.85g (18.72%), Cholesterol: 234.36mg (78.12%), Sodium: 2145.37mg (93.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.17g (160.34%), Vitamin B12: 9.19µg (153.09%), Zinc: 16.76mg (111.71%), Vitamin B6: 1.84mg (91.86%), Selenium: 63.29µg (90.42%), Vitamin B3: 16.51mg (82.55%), Phosphorus: 809.77mg (80.98%), Vitamin A: 3079.89IU (61.6%), Iron: 10.02mg (55.68%), Vitamin B2: 0.83mg (48.86%), Potassium: 1665.68mg (47.59%), Vitamin B1: 0.42mg (28.11%), Magnesium: 112.41mg (28.1%), Vitamin E: 4.05mg (27.01%), Copper: 0.44mg (22.05%), Manganese: 0.33mg (16.27%), Vitamin B5: 1.5mg (14.95%), Fiber: 3.15g (12.61%), Vitamin K: 12.72µg (12.11%), Folate: 37.15µg (9.29%), Calcium: 68.4mg (6.84%), Vitamin C: 4.45mg (5.39%)