



## Flavorful Beef Brisket

 Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



18

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 18 ounces barbecue sauce
- 5 pounds brisket
- 2 tablespoons canola oil
- 1 medium onion sliced
- 18 servings salt and pepper to taste
- 1 cup water

### Equipment

- oven

roasting pan

dutch oven

## Directions

In a Dutch oven, brown beef in oil on both sides over medium-high heat; drain. Top with onion, salt and pepper.

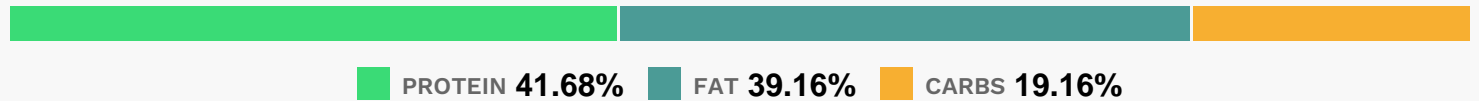
Add water; cover and bake at 325° for 2-1/2 hours or until tender.

Remove beef. Cool for 5 minutes; cover and refrigerate overnight.

Discard onion and cooking liquid. Slice meat 1/4 in. thick across the grain; place in a roasting pan.

Drizzle with barbecue sauce. Cover and bake at 325° for 30-45 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:1.5, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:12.533913062966%

## Flavonoids

Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 260.25kcal (13.01%), Fat: 11.03g (16.96%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.78g (4.28%), Sugar: 9.67g (10.75%), Cholesterol: 78.12mg (26.04%), Sodium: 586.23mg (25.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.81%), Vitamin B12: 3.06µg (51.03%), Zinc: 5.49mg (36.61%), Selenium: 21.06µg (30.09%), Vitamin B6: 0.56mg (27.89%), Phosphorus: 260.7mg (26.07%), Vitamin B3: 5.14mg (25.7%), Iron: 2.62mg (14.53%), Potassium: 490.53mg (14.02%), Vitamin B2: 0.23mg (13.63%), Vitamin B1: 0.14mg (9.02%), Magnesium: 33.41mg (8.35%), Copper: 0.13mg (6.29%), Vitamin E: 0.9mg (6.02%), Vitamin B5: 0.5mg (4.95%), Vitamin K: 3.28µg (3.13%), Manganese: 0.06mg (3.09%), Folate: 10.55µg (2.64%), Calcium: 17.58mg (1.76%), Fiber: 0.36g (1.44%), Vitamin A: 63.63IU (1.27%)