



German-Style Beef Brisket



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 cups baking apple sliced (2 large)
- ☐ 2.5 pound brisket
- ☐ 1 teaspoon caraway seeds
- ☐ 14.3 ounce no-salt-added chicken broth canned
- ☐ 10 medium size round potatoes red quartered
- ☐ 2.8 cups sauerkraut drained

Equipment

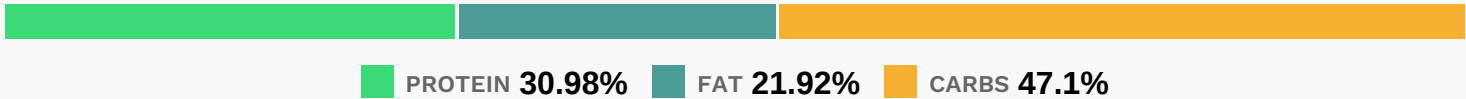
- ☐ frying pan

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Trim fat from brisket.
- ☐ Place meat on a rack in a roasting pan coated with cooking spray. Arrange apple slices over meat; spoon sauerkraut over apple, and sprinkle with caraway seeds.
- ☐ Drizzle broth over and around brisket. Cover and bake at 325 for 1 1/2 hours.
- ☐ Arrange potato around meat; baste potato and meat with pan juices. Cover and bake 2 hours or until potato is tender.
- ☐ Transfer meat to a serving platter. Arrange apple, sauerkraut, and potato around meat; drizzle with 1 cup pan juices.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:2.22, Inflammation Score:-5, Nutrition Score:22.115651814834%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 368.67kcal (18.43%), Fat: 9.08g (13.97%), Saturated Fat: 3.11g (19.46%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 37.71g (13.71%), Sugar: 9.35g (10.39%), Cholesterol: 70.31mg (23.44%), Sodium: 398.76mg (17.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.87g (57.74%), Vitamin B12: 2.8µg (46.6%), Vitamin B6: 0.92mg (45.85%), Potassium: 1507.38mg (43.07%), Phosphorus: 385.11mg (38.51%), Zinc: 5.74mg (38.26%),

Vitamin B3: 7.58mg (37.91%), Vitamin C: 26.69mg (32.35%), Selenium: 19.92µg (28.46%), Iron: 4.49mg (24.95%),
Fiber: 6.18g (24.72%), Copper: 0.45mg (22.56%), Magnesium: 81.75mg (20.44%), Vitamin B1: 0.3mg (20.3%),
Manganese: 0.4mg (19.87%), Vitamin B2: 0.29mg (17.35%), Folate: 57.36µg (14.34%), Vitamin K: 13.97µg (13.3%),
Vitamin B5: 1.06mg (10.62%), Calcium: 45.05mg (4.51%), Vitamin E: 0.55mg (3.63%), Vitamin A: 53.04IU (1.06%)