



## GG's Brisket

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 pound brisket
- 2 tablespoons butter
- 2 cups cooking wine dry white
- 6 servings flour all-purpose
- 2 cups catsup
- 2 teaspoons kosher salt
- 2 teaspoons pepper
- 2 cups strong-brewed coffee

## Equipment

- frying pan
- oven
- knife
- whisk
- sieve
- roasting pan

## Directions

- Trim fat from brisket, and discard; sprinkle brisket evenly with salt and pepper, and dredge in flour.
- Melt butter in a large skillet over medium-high heat; add brisket to butter, and brown on both sides.
- Transfer to a roasting pan.
- Whisk together coffee, wine, and ketchup; pour over brisket.
- Bake, covered, at 350 for 4 hours or until tender, basting occasionally with pan juices.
- Remove brisket, reserving drippings; cut brisket with a sharp knife across grain into thin slices.
- Strain drippings using a gravy strainer, discarding fat.
- Serve hot drippings with brisket.
- Note: Leftover gravy may be frozen to serve over rice or potatoes at a later date.

## Nutrition Facts



## Properties

Glycemic Index:20.33, Glycemic Load:4.53, Inflammation Score:-7, Nutrition Score:32.411304214726%

## Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin:

0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## **Nutrients (% of daily need)**

Calories: 678.43kcal (33.92%), Fat: 26.23g (40.36%), Saturated Fat: 8.65g (54.03%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 29.58g (10.76%), Sugar: 17.83g (19.81%), Cholesterol: 187.48mg (62.49%), Sodium: 1789.52mg (77.81%), Alcohol: 8.24g (100%), Alcohol %: 1.88% (100%), Caffeine: 31.6mg (10.53%), Protein: 64.53g (129.05%), Vitamin B12: 7.35µg (122.55%), Zinc: 13.34mg (88.96%), Selenium: 52.81µg (75.44%), Vitamin B6: 1.44mg (72.15%), Vitamin B3: 13.75mg (68.74%), Phosphorus: 655.61mg (65.56%), Vitamin B2: 0.76mg (44.64%), Potassium: 1337.22mg (38.21%), Iron: 6.73mg (37.38%), Vitamin B1: 0.39mg (25.75%), Magnesium: 93.27mg (23.32%), Manganese: 0.37mg (18.57%), Copper: 0.34mg (16.75%), Vitamin E: 2.3mg (15.33%), Vitamin B5: 1.38mg (13.79%), Vitamin A: 580.97IU (11.62%), Folate: 44.63µg (11.16%), Vitamin K: 7.84µg (7.47%), Calcium: 41.86mg (4.19%), Vitamin C: 3.29mg (3.99%), Fiber: 0.61g (2.44%)