

Grandma's Brisket

 Dairy Free  Low Fod Map

READY IN



185 min.

SERVINGS



6

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound brisket
- 1 ounce onion soup mix dry
- 1 cup catsup

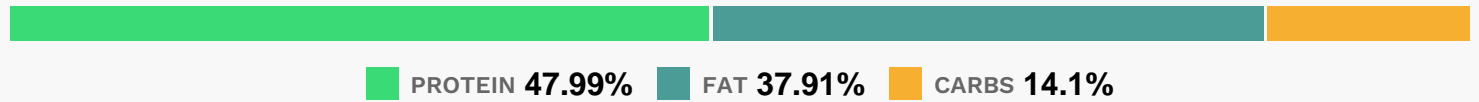
Equipment

- bowl
- oven
- roasting pan
- aluminum foil

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Place the brisket in a roasting pan fat side up. In a medium bowl, stir together the ketchup, soup mix and ginger ale; pour over the brisket. Arrange carrots and onion around the edge of the roast if using. Cover the roast with a lid or aluminum foil.
- Bake for 2 hours in the preheated oven.
- Remove the cover, and cook for 1 more hour.
- Let stand for a few minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:22.708260743514%

Flavonoids

Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 405.78kcal (20.29%), Fat: 16.77g (25.8%), Saturated Fat: 5.88g (36.77%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 13.6g (4.95%), Sugar: 8.74g (9.71%), Cholesterol: 140.61mg (46.87%), Sodium: 921.43mg (40.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.76g (95.52%), Vitamin B12: 5.51µg (91.85%), Zinc: 9.9mg (65.97%), Selenium: 37.71µg (53.87%), Vitamin B6: 1.04mg (52.16%), Vitamin B3: 9.58mg (47.89%), Phosphorus: 476.23mg (47.62%), Vitamin B2: 0.46mg (27.35%), Potassium: 894.89mg (25.57%), Iron: 4.55mg (25.3%), Vitamin B1: 0.24mg (16.29%), Magnesium: 60.2mg (15.05%), Copper: 0.23mg (11.61%), Vitamin E: 1.32mg (8.77%), Vitamin B5: 0.85mg (8.53%), Manganese: 0.1mg (5.14%), Folate: 19.48µg (4.87%), Vitamin A: 205.91IU (4.12%), Vitamin K: 4.21µg (4.01%), Calcium: 24.1mg (2.41%), Vitamin C: 1.8mg (2.18%), Fiber: 0.43g (1.73%)