



Grandmother's Texas Barbecued Brisket



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbecue sauce
- ☐ 3 lb brisket
- ☐ 1 teaspoon celery salt
- ☐ 1 teaspoon garlic powder
- ☐ 2 tablespoons catsup
- ☐ 0.5 teaspoon liquid smoke
- ☐ 1 teaspoon onion salt
- ☐ 8 servings parsley fresh

☐ 2 tablespoons worcestershire sauce

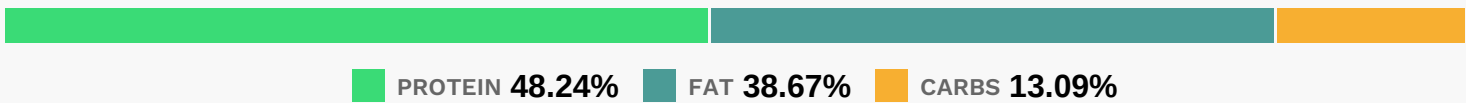
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Trim fat from brisket to 1/8-inch thickness.
- ☐ Combine celery salt, garlic powder, and onion salt.
- ☐ Sprinkle brisket evenly with mixture, and rub thoroughly into meat.
- ☐ Stir together barbecue sauce and next 3 ingredients until blended.
- ☐ Brush barbecue sauce mixture evenly onto brisket. Wrap brisket in heavy-duty aluminum foil; place in a roasting pan. Chill 8 hours.
- ☐ Bake at 300 for 5 hours or until a meat thermometer inserted in thickest portion registers 19
- ☐ Let stand 10 minutes.
- ☐ Cut brisket across the grain into thin slices.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:20.052608775056%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 304.14kcal (15.21%), Fat: 12.69g (19.52%), Saturated Fat: 4.42g (27.63%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 9.32g (3.39%), Sugar: 7.2g (8%), Cholesterol: 105.46mg (35.15%), Sodium: 992.28mg (43.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.61g (71.22%), Vitamin B12: 4.13µg (68.89%), Vitamin K: 68.29µg (65.04%), Zinc: 7.43mg (49.54%), Selenium: 28.27µg (40.39%), Vitamin B6: 0.74mg (37.18%), Phosphorus: 352.87mg (35.29%), Vitamin B3: 6.95mg (34.74%), Iron: 3.89mg (21.63%), Potassium: 674.08mg (19.26%), Vitamin B2: 0.32mg (18.55%), Vitamin B1: 0.18mg (12.18%), Magnesium: 44.79mg (11.2%), Copper: 0.17mg (8.45%), Vitamin A: 399.6IU (7.99%), Vitamin C: 6.14mg (7.44%), Vitamin B5: 0.65mg (6.45%), Vitamin E: 0.78mg (5.19%), Folate: 19.2µg (4.8%), Manganese: 0.06mg (3.08%), Calcium: 25.69mg (2.57%), Fiber: 0.34g (1.35%)