



Guinness-Braised Beef Brisket

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 peppercorns black
- ☐ 0.7 cup brown sugar packed
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 3 pound corned beef brisket trimmed
- ☐ 0.3 cup optional: dill dried fresh chopped
- ☐ 1 cup guinness stout
- ☐ 14.5 ounce low-sodium beef broth canned

- ☐ 1 cup onion chopped
- ☐ 0.3 cup tomato paste
- ☐ 2 cups water

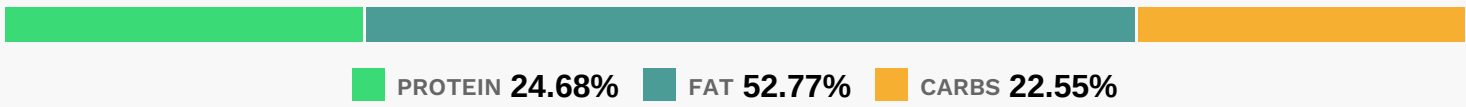
Equipment

- ☐ slow cooker

Directions

- ☐ Combine first 11 ingredients in a large electric slow cooker, stirring until well blended; top with beef. Cover and cook on HIGH 8 hours or until beef is tender.
- ☐ Remove beef; cut diagonally across grain into 1/4-inch slices. Discard broth mixture.

Nutrition Facts



Properties

Glycemic Index:32.97, Glycemic Load:2.06, Inflammation Score:0, Nutrition Score:27.443043770997%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 591.54kcal (29.58%), Fat: 33.98g (52.27%), Saturated Fat: 10.77g (67.29%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 30.83g (11.21%), Sugar: 27.41g (30.45%), Cholesterol: 122.47mg (40.82%), Sodium: 3013.21mg (131.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.75g (71.5%), Vitamin C: 69.04mg (83.69%), Vitamin A: 3958.23IU (79.16%), Vitamin B12: 4.04µg (67.28%), Selenium: 44.19µg (63.13%), Vitamin B3: 8.99mg (44.95%), Zinc: 6.69mg (44.57%), Vitamin B6: 0.77mg (38.46%), Potassium: 1120.56mg (32.02%), Phosphorus: 296.08mg (29.61%), Iron: 4.62mg (25.69%), Vitamin B2: 0.41mg (24%), Copper: 0.34mg (17.18%), Vitamin B5: 1.48mg (14.82%), Magnesium: 47.65mg (11.91%), Manganese: 0.21mg (10.69%), Vitamin B1: 0.14mg (9.01%), Vitamin K: 9.26µg (8.82%), Folate: 31.03µg (7.76%), Fiber: 1.83g (7.34%), Calcium: 66.88mg (6.69%), Vitamin E: 0.66mg (4.41%)