



Helen's Brisket



Gluten Free



Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound brisket
- ☐ 26 ounce tomato sauce with mushrooms canned
- ☐ 8 servings garnish: roasted carrots
- ☐ 2 garlic cloves minced
- ☐ 8 servings kosher salt to taste
- ☐ 1 onion sliced
- ☐ 1 teaspoon paprika
- ☐ 8 servings pepper freshly ground to taste

☐ 1 tablespoon vegetable oil

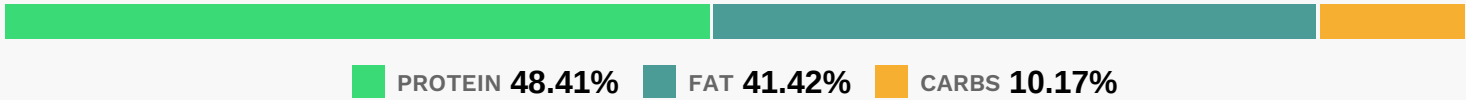
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a large heavy saucepan or Dutch oven over medium-high heat. Sear brisket on all sides.
- ☐ Remove from pan, and saut onion and garlic. Return brisket to pan, and season with paprika, kosher salt, and pepper; cover with tomato sauce and 1 cup water. Cover and simmer 2 hours.
- ☐ Remove brisket from pan, and let cool; slice on the diagonal, return to pan, and cook 30 minutes or until tender.
- ☐ Garnish, if desired.
- ☐ *Ask your butcher for first-cut or flat-cut brisket, which is leaner.
- ☐ **For extra flavor, add 3 to 4 carrots to brisket 40 minutes before cooking is done.

Nutrition Facts



Properties

Glycemic Index:24.48, Glycemic Load:3.98, Inflammation Score:-10, Nutrition Score:36.282173820164%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 510.37kcal (25.52%), Fat: 23.08g (35.5%), Saturated Fat: 7.67g (47.96%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 9.22g (3.35%), Sugar: 6.93g (7.7%), Cholesterol: 175.77mg (58.59%), Sodium: 899.5mg (39.11%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.69g (121.37%), Vitamin A: 11214.81IU (224.3%), Vitamin B12: 6.89µg (114.82%), Zinc: 12.62mg (84.13%), Vitamin B6: 1.4mg (70.04%), Selenium: 47.31µg (67.58%), Vitamin B3: 12.76mg (63.8%), Phosphorus: 623.18mg (62.32%), Potassium: 1444.13mg (41.26%), Iron: 6.63mg (36.81%), Vitamin B2: 0.59mg (34.51%), Vitamin B1: 0.36mg (23.77%), Magnesium: 88.89mg (22.22%), Vitamin E: 2.87mg (19.15%), Copper: 0.37mg (18.62%), Vitamin K: 18.27µg (17.4%), Vitamin B5: 1.48mg (14.81%), Fiber: 3.54g (14.14%), Vitamin C: 11.48mg (13.91%), Manganese: 0.28mg (13.87%), Folate: 43.07µg (10.77%), Calcium: 53.85mg (5.38%)