



Holiday Brisket in Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



10

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz apricot preserves
- 5 lb brisket
- 0.5 cup brown sugar packed
- 10 oz a.1. original sauce
- 2 large onions separated sliced
- 1 cup heinz tomato ketchup

Equipment

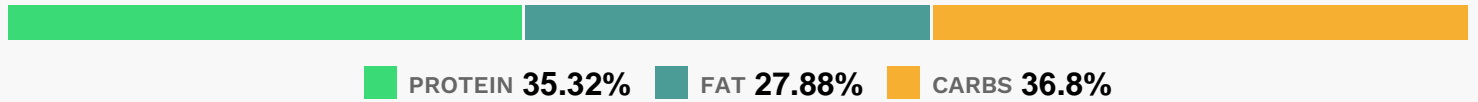
- bowl

- oven
- knife
- roasting pan
- aluminum foil

Directions

- Heat oven to 350F.
- Place meat in roasting pan.
- Mix next 4 ingredients in large bowl until blended.
- Add onions; toss to coat.
- Pour evenly over meat. Cover with foil; pierce foil in several places with sharp knife or fork to vent.
- Bake 3-1/2 to 4 hours or until done (160F).
- Let stand, covered, 10 min. before slicing.
- Serve with meat drippings.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.62, Inflammation Score:-4, Nutrition Score:23.036956486495%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 546.49kcal (27.32%), Fat: 16.87g (25.95%), Saturated Fat: 5.89g (36.83%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 49.42g (17.97%), Sugar: 38.37g (42.63%), Cholesterol: 140.61mg (46.87%), Sodium: 754.93mg (32.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.08g (96.16%), Vitamin B12: 5.51µg (91.85%), Zinc:

9.89mg (65.94%), Selenium: 38.33µg (54.75%), Vitamin B6: 1.04mg (51.89%), Phosphorus: 472.26mg (47.23%), Vitamin B3: 9.34mg (46.69%), Iron: 4.75mg (26.37%), Vitamin B2: 0.44mg (25.94%), Potassium: 900.49mg (25.73%), Vitamin B1: 0.24mg (16.22%), Magnesium: 60.63mg (15.16%), Copper: 0.25mg (12.64%), Vitamin B5: 0.86mg (8.63%), Vitamin E: 1.13mg (7.51%), Vitamin C: 6.2mg (7.51%), Folate: 24.19µg (6.05%), Manganese: 0.11mg (5.74%), Vitamin A: 193.46IU (3.87%), Calcium: 37.77mg (3.78%), Vitamin K: 3.79µg (3.61%), Fiber: 0.68g (2.74%)