

 **34%**  
HEALTH SCORE

## Holiday Brisket with Savory Onion Jus

 **Gluten Free**  **Dairy Free**

READY IN



**220 min.**

SERVINGS



**8**

CALORIES



**513 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pound brisket boneless
- 1.8 cups beef broth swanson®
- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 1 medium butternut squash peeled seeded cut into 1 1/2-inch cubes
- 28 ounce canned tomatoes whole peeled canned
- 0.5 cup wine dry red
- 6 medium onion cut into quarters

- 0.5 cup orange juice
- 2 tablespoons vegetable oil

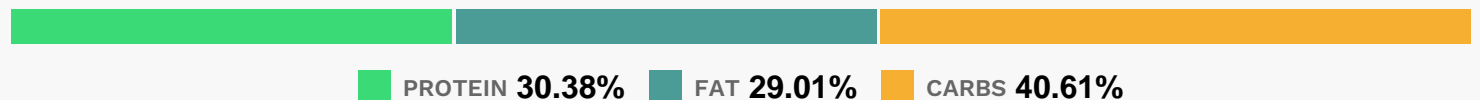
## Equipment

- pot
- cutting board

## Directions

- Heat the oil in an 8-quart saucepot over medium-high heat.
- Add onions and squash and cook over medium heat until they're tender-crisp.
- Remove the vegetables from the saucepot.
- Season the beef as desired. Increase the heat to medium-high.
- Add the beef to the saucepot and cook until it's well browned on all sides.
- Remove the beef from the saucepot.
- Pour off any fat.
- Add the broth, orange juice, wine, brown sugar and tomatoes to the saucepot and heat to a boil. Reduce the heat to low. Return the beef to the saucepot. Cover and cook for 2 hours.
- Return the vegetables to the saucepot. Cover and cook for 1 hour or until the beef is fork-tender.
- Remove the beef to a cutting board.
- Let stand for 10 minutes.
- Serve the beef with the vegetables and sauce.

## Nutrition Facts



## Properties

Glycemic Index:9.88, Glycemic Load:2.52, Inflammation Score:-10, Nutrition Score:31.507391266201%

## Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 17.37mg, Quercetin: 17.37mg, Quercetin: 17.37mg, Quercetin: 17.37mg

## Nutrients (% of daily need)

Calories: 513.36kcal (25.67%), Fat: 16.39g (25.21%), Saturated Fat: 5.06g (31.61%), Carbohydrates: 51.63g (17.21%), Net Carbohydrates: 47.33g (17.21%), Sugar: 35.9g (39.89%), Cholesterol: 105.46mg (35.15%), Sodium: 486.47mg (21.15%), Alcohol: 1.58g (100%), Alcohol %: 0.36% (100%), Protein: 38.61g (77.23%), Vitamin A: 10114.37IU (202.29%), Vitamin B12: 4.17µg (69.5%), Vitamin B6: 1.09mg (54.53%), Vitamin C: 42.77mg (51.84%), Zinc: 7.77mg (51.78%), Vitamin B3: 9.13mg (45.65%), Phosphorus: 426.17mg (42.62%), Selenium: 29.59µg (42.27%), Potassium: 1294.24mg (36.98%), Iron: 5.37mg (29.86%), Vitamin B1: 0.36mg (24.1%), Magnesium: 95.39mg (23.85%), Vitamin B2: 0.4mg (23.56%), Manganese: 0.42mg (21.05%), Vitamin E: 2.87mg (19.13%), Fiber: 4.3g (17.2%), Folate: 66.81µg (16.7%), Copper: 0.32mg (16.2%), Calcium: 130.92mg (13.09%), Vitamin B5: 1.27mg (12.65%), Vitamin K: 12.72µg (12.11%)