



Honey-Cider BBQ Brisket

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

READY IN



350 min.

SERVINGS



16

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple cider
- 1 Tbsp heinz apple cider vinegar
- 1 cup honey barbecue sauce sweet kraft
- 4 lb brisket
- 2 Tbsp grey poupon dijon mustard
- 1 Tbsp ground pepper black
- 1 tsp ground pepper red (cayenne)
- 1 Tbsp onion powder

- 1.5 qt hickory wood smoking chips
- 1 Tbsp paprika smoked
- 1 Tbsp sugar

Equipment

- frying pan
- plastic wrap
- grill
- aluminum foil
- cutting board

Directions

- Mix sugar and seasonings; rub onto meat. Cover with plastic wrap; refrigerate at least 1 hour or up to 24 hours. Meanwhile, soak wood chips in water 1 hour; drain.
- Arrange charcoal on bottom grill grate evenly on both sides of foil drip pan. Light charcoal. When coals are hot, sprinkle with 2 cups wood chips.
- Place meat on top grill grate, fat-side up, in center over drip pan; cover. Grill 3 hours, turning after 1-1/2 hours and replenishing charcoal and wood chips as needed. (Note: Keep temperature of grill at about 275F.)
- Remove meat from grill; wrap in double layer of heavy-duty foil. Return to grill; grill 1 hour or until meat reaches 200F.
- Remove meat from grill; carefully unwrap foil at top.
- Mix remaining ingredients; pour 3/4 cup over meat. Wrap loosely with foil.
- Let stand 30 min.
- Transfer meat to cutting board; cut across the grain into thin slices.
- Serve with remaining barbecue sauce mixture.

Nutrition Facts



PROTEIN 23.6% FAT 44.04% CARBS 32.36%

Properties

Glycemic Index:20.39, Glycemic Load:15.41, Inflammation Score:-4, Nutrition Score:16.107826139616%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 447.11kcal (22.36%), Fat: 21.9g (33.69%), Saturated Fat: 7g (43.76%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 31.61g (11.49%), Sugar: 7.16g (7.95%), Cholesterol: 70.31mg (23.44%), Sodium: 729.98mg (31.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.79%), Vitamin B12: 2.76µg (45.93%), Zinc: 5.27mg (35.12%), Vitamin B6: 0.67mg (33.38%), Vitamin B3: 6.64mg (33.18%), Phosphorus: 305.86mg (30.59%), Selenium: 20.04µg (28.62%), Potassium: 825.89mg (23.6%), Iron: 3.65mg (20.3%), Fiber: 4.59g (18.34%), Manganese: 0.32mg (15.77%), Vitamin B2: 0.24mg (14.1%), Vitamin B1: 0.19mg (12.78%), Magnesium: 47.58mg (11.9%), Vitamin B5: 0.93mg (9.32%), Copper: 0.14mg (7.25%), Vitamin C: 5.93mg (7.19%), Folate: 28.62µg (7.15%), Vitamin A: 305.76IU (6.12%), Vitamin E: 0.68mg (4.52%), Vitamin K: 2.9µg (2.76%), Calcium: 25.59mg (2.56%)