



Jeff's BBQ Brisket

 Dairy Free

READY IN



370 min.

SERVINGS



8

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup barbeque sauce your favorite
- 4 pound brisket
- 2 teaspoons brown sugar
- 1 tablespoon marjoram dried
- 0.5 teaspoon mustard dry
- 1 teaspoon flour all-purpose
- 4 teaspoons sea salt
- 1 teaspoon ground cumin

- 1.5 teaspoons kosher salt
- 4 tablespoons paprika
- 0.5 teaspoon pepper flakes red crushed

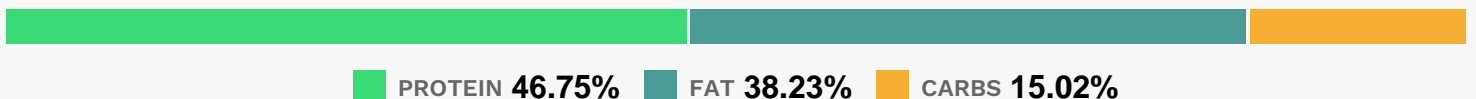
Equipment

- bowl
- frying pan
- grill
- kitchen thermometer

Directions

- Watch how to make this recipe.
- Special equipment: 4 handfuls mesquite wood chips, soaked in water
- In bowl, blend dry spices together to use as a rub. Moisten brisket with water. Coat the entire brisket with the spice rub. Press spices into meat with your hands. Cover and refrigerate at least 2 hours, preferably overnight.
- Preheat a grill for indirect heat, banking coals and soaked mesquite wood chips in a circle around the sides of a grill. Set a drip pan with water in the center of the ring.
- Place brisket on the grill rack over the pan of water.
- Keep cooking temperature in grill between 180 to 220 degrees F until done. Allow about 45 minutes per pound until the meat reaches an internal temperature of 160 degrees F on an instant-read thermometer, adding new coals as necessary.
- For a sweet glaze, baste with your favorite barbeque sauce during the final 15 minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.29, Inflammation Score:-8, Nutrition Score:25.502608628377%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Nutrients (% of daily need)

Calories: 419.8kcal (20.99%), Fat: 17.48g (26.9%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 13.66g (4.97%), Sugar: 10.3g (11.45%), Cholesterol: 140.61mg (46.87%), Sodium: 897.61mg (39.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.11g (96.22%), Vitamin B12: 5.51µg (91.85%), Zinc: 10.05mg (67.03%), Selenium: 38.53µg (55.04%), Vitamin B6: 1.08mg (54%), Phosphorus: 482.16mg (48.22%), Vitamin B3: 9.52mg (47.59%), Vitamin A: 1844.4IU (36.89%), Iron: 5.78mg (32.11%), Vitamin B2: 0.45mg (26.48%), Potassium: 921.65mg (26.33%), Vitamin B1: 0.26mg (17.11%), Magnesium: 65.62mg (16.4%), Vitamin E: 2.04mg (13.57%), Copper: 0.24mg (12.1%), Vitamin B5: 0.94mg (9.41%), Manganese: 0.17mg (8.32%), Vitamin K: 7.95µg (7.58%), Fiber: 1.79g (7.16%), Folate: 20.25µg (5.06%), Calcium: 38.57mg (3.86%)