



Jewish Style Sweet and Sour Brisket

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

READY IN



660 min.

SERVINGS



10

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds brisket
- 0.8 cup brown sugar
- 1 clove garlic minced
- 1 cup catsup
- 2 onions sliced
- 1 tablespoon salt
- 1 cup water
- 0.5 cup vinegar white

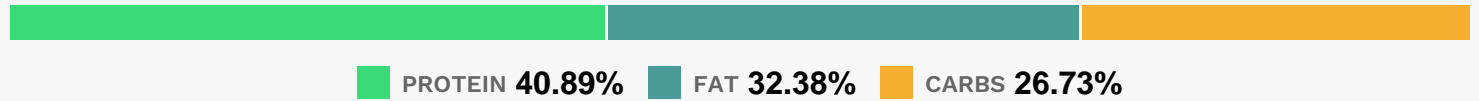
Equipment

- frying pan
- baking pan
- dutch oven

Directions

- Heat brisket in a large skillet or dutch oven over medium-high heat. Cook until browned on all sides. Stir in water, ketchup, vinegar, onions, garlic, brown sugar, and salt. Bring to a boil, then cover and reduce heat to medium-low. Continue simmering until tender, turning brisket occasionally, 2 hours and 30 minutes to 3 hours and 30 minutes.
- Remove brisket and allow to cool before slicing the meat against the grain.
- Place brisket slices in a 9x13 inch baking pan or large platter and pour gravy on top. Cover and refrigerate overnight.
- Remove any excess fat and reheat before serving.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:18.303913147553%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 379.71kcal (18.99%), Fat: 13.42g (20.65%), Saturated Fat: 4.71g (29.45%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 24.47g (8.9%), Sugar: 22.06g (24.51%), Cholesterol: 112.49mg (37.5%), Sodium: 1065.65mg (46.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.12g (76.25%), Vitamin B12: 4.41µg (73.48%), Zinc: 7.91mg (52.75%), Selenium: 30.34µg (43.34%), Vitamin B6: 0.84mg (41.84%), Phosphorus: 378.94mg (37.89%), Vitamin B3: 7.54mg (37.69%), Vitamin B2: 0.35mg (20.86%), Iron: 3.75mg (20.81%), Potassium: 721.85mg (20.62%), Vitamin B1: 0.19mg (12.99%), Magnesium: 48.99mg (12.25%), Copper: 0.19mg (9.39%), Vitamin B5: 0.7mg (6.97%), Vitamin E: 0.94mg (6.24%), Manganese: 0.1mg (5.1%), Folate: 19.21µg (4.8%), Calcium: 33.88mg (3.39%), Vitamin C:

2.71mg (3.28%), Vitamin K: 3.17 μ g (3.02%), Vitamin A: 123.59IU (2.47%), Fiber: 0.45g (1.81%)