



King Beef Oven Brisket



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf crushed
- ☐ 4 pound brisket
- ☐ 1.5 cups beef stock
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 2 tablespoons chili powder
- ☐ 2 teaspoons mustard dry
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon onion powder

- ☐ 2 tablespoons salt
- ☐ 1 tablespoon sugar white

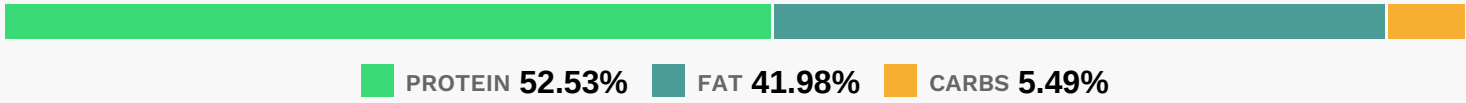
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix chili powder, salt, garlic powder, onion powder, black pepper, sugar, mustard, and bay leaf together in a small bowl; season brisket with spice mixture. Arrange beef in a roasting pan or Dutch oven. Do not cover.
- ☐ Bake in the preheated oven for 1 hour. Fill pan with enough beef stock to cover by 1/2 inch. Cover pan with lid or aluminum foil and reduce heat to 300 degrees F (150 degrees C).
- ☐ Continue baking until beef is very tender, about 3 hours more. Slice beef thinly, across the grain and serve with juices from the pan.

Nutrition Facts



Properties

Glycemic Index:13.39, Glycemic Load:1.17, Inflammation Score:-6, Nutrition Score:23.925652321266%

Nutrients (% of daily need)

Calories: 379.55kcal (18.98%), Fat: 17.27g (26.57%), Saturated Fat: 5.96g (37.28%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 3.9g (1.42%), Sugar: 2g (2.23%), Cholesterol: 140.61mg (46.87%), Sodium: 2046.65mg (88.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.61g (97.23%), Vitamin B12: 5.51µg (91.85%), Zinc: 10.05mg (66.98%), Selenium: 39.6µg (56.57%), Vitamin B6: 1.05mg (52.32%), Phosphorus: 488.11mg (48.81%),

Vitamin B3: 9.6mg (48.02%), Iron: 5.05mg (28.07%), Vitamin B2: 0.45mg (26.49%), Potassium: 905.34mg (25.87%),
Vitamin B1: 0.26mg (17.32%), Magnesium: 63.24mg (15.81%), Copper: 0.25mg (12.46%), Vitamin A: 598.03IU
(11.96%), Vitamin E: 1.54mg (10.24%), Manganese: 0.2mg (10.02%), Vitamin B5: 0.84mg (8.4%), Vitamin K: 6.4µg
(6.1%), Folate: 19.33µg (4.83%), Fiber: 1.17g (4.69%), Calcium: 31.54mg (3.15%)