



## Knife and Fork Barbecued Brisket Sandwiches

 Dairy Free

READY IN



250 min.

SERVINGS



10

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pound brisket
- 2 tablespoons brown sugar
- 12 ounce chili sauce
- 2 tablespoons flour all-purpose
- 6 cloves garlic minced
- 1 teaspoon ground pepper
- 1 tablespoon horseradish prepared
- 0.5 cup beer light

- 2 large onions divided thinly sliced
- 0.3 teaspoon salt
- 5 submarine rolls split toasted

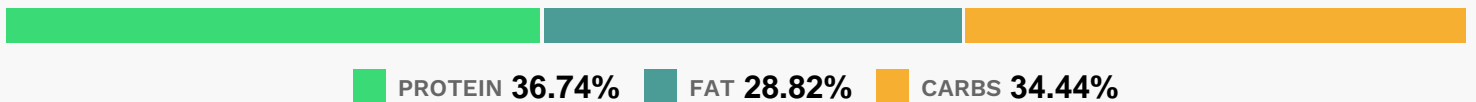
## Equipment

- bowl
- slow cooker

## Directions

- Place half of onion rings in bottom of a 4-quart electric slow cooker. Trim fat from meat, and cut into large pieces to fit in slow cooker; sprinkle with pepper and salt. Dredge meat in flour; place on top of onion, sprinkling with any remaining flour.
- Add remaining half of onion.
- Combine chili sauce and next 4 ingredients in a medium bowl, stirring well.
- Pour over meat mixture. Cover and cook on high 4 to 5 hours or until meat is tender.
- Remove brisket, and replace slow cooker cover.
- Shred beef, using 2 forks; return meat to hot liquid in slow cooker, stirring well. Spoon meat mixture over toasted roll halves.

## Nutrition Facts



## Properties

Glycemic Index:27.2, Glycemic Load:13.16, Inflammation Score:-5, Nutrition Score:17.102174022923%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

## Nutrients (% of daily need)

Calories: 362.74kcal (18.14%), Fat: 11.3g (17.39%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 28.35g (10.31%), Sugar: 10.44g (11.6%), Cholesterol: 84.37mg (28.12%), Sodium: 776.78mg (33.77%), Alcohol: 0.37g (100%), Alcohol %: 0.18% (100%), Protein: 32.41g (64.83%), Vitamin B12: 3.31µg (55.15%), Iron: 8.42mg (46.78%), Zinc: 6.02mg (40.12%), Vitamin B6: 0.69mg (34.58%), Selenium: 23.73µg (33.9%), Phosphorus: 306.57mg (30.66%), Vitamin B3: 6.1mg (30.49%), Potassium: 639.58mg (18.27%), Vitamin B2: 0.28mg (16.18%), Vitamin B1: 0.2mg (13.12%), Vitamin C: 8.6mg (10.42%), Magnesium: 40.71mg (10.18%), Copper: 0.18mg (8.89%), Fiber: 2.04g (8.15%), Vitamin E: 1.1mg (7.33%), Manganese: 0.13mg (6.39%), Folate: 22.71µg (5.68%), Vitamin B5: 0.54mg (5.41%), Vitamin A: 233.22IU (4.66%), Vitamin K: 4.04µg (3.85%), Calcium: 31.41mg (3.14%)