



Lone Star Brisket in Chili Sauce and Beer

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound brisket trimmed
- ☐ 12 ounce beer canned
- ☐ 2 rib celery chopped
- ☐ 12 ounce chili sauce
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon pepper
- ☐ 2 medium onions red thinly sliced
- ☐ 2.5 teaspoons lawry's seasoned salt

☐ 0.3 cup water

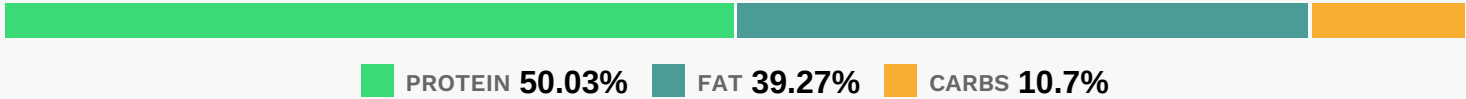
Equipment

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

Directions

- ☐ Sprinkle brisket with salt, pepper, and garlic.
- ☐ Place half each of onion rings and celery in bottom of a lightly greased roasting pan.
- ☐ Place brisket over vegetables, fat side up. Top with remaining onion rings and celery.
- ☐ Pour chili sauce and 1/4 cup water over top.
- ☐ Bake at 300 for 1 1/2 hours, basting every 30 minutes.
- ☐ Pour beer over brisket. Tightly cover pan with double-layered heavy-duty aluminum foil, and bake 3 to 4 more hours.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:28.70217396902%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 509.61kcal (25.48%), Fat: 21.06g (32.4%), Saturated Fat: 7.38g (46.11%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 11.34g (4.12%), Sugar: 6.83g (7.59%), Cholesterol: 175.77mg (58.59%), Sodium: 1524.05mg (66.26%), Alcohol: 1.66g (100%), Alcohol %: 0.52% (100%), Protein: 60.38g (120.75%), Vitamin B12: 6.9µg (114.96%), Zinc: 12.35mg (82.35%), Selenium: 47.48µg (67.82%), Vitamin B6: 1.32mg (66.07%), Phosphorus: 607.47mg (60.75%), Vitamin B3: 12.11mg (60.55%), Potassium: 1151.64mg (32.9%), Iron: 5.89mg (32.74%), Vitamin B2: 0.53mg (31.25%), Vitamin B1: 0.34mg (22.56%), Magnesium: 76.34mg (19.09%), Copper: 0.3mg (15.12%), Vitamin E: 1.73mg (11.55%), Vitamin C: 9.08mg (11.01%), Vitamin B5: 1.05mg (10.52%), Folate: 31.6µg (7.9%), Fiber: 1.57g (6.28%), Manganese: 0.13mg (6.26%), Vitamin K: 6.5µg (6.19%), Vitamin A: 292.27IU (5.85%), Calcium: 33.94mg (3.39%)