



Mediterranean Brisket



Vegetarian



Vegan



Dairy Free

READY IN



365 min.

SERVINGS



6

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz canned tomatoes diced with juice canned
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 2.5 lb flat-cut brisket fat trimmed
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 5 cloves garlic chopped
- ☐ 0.3 cup kalamata black pitted chopped
- ☐ 6 servings salt and pepper

Equipment

- ☐ aluminum foil
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Place tomatoes, wine, garlic, olives and rosemary in slow cooker and stir to combine.
- ☐ Sprinkle meat with 1 1/2 tsp. salt and pepper to taste.
- ☐ Place brisket on top of tomato mixture and spoon half of tomato mixture over meat to cover. Cover slow cooker and cook on high until meat is fork-tender, 5 to 6 hours.
- ☐ Carefully transfer brisket to a cutting board, tent with foil and let stand for 10 minutes. Skim excess fat from sauce and season with salt and pepper. Slice brisket against grain and transfer to a serving platter. Spoon some sauce over meat and sprinkle with parsley.
- ☐ Serve brisket with remaining sauce on side.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:98.32, Inflammation Score:-5, Nutrition Score:11.783043493395%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 551.21kcal (27.56%), Fat: 3.43g (5.28%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 106.95g (35.65%), Net Carbohydrates: 102.47g (37.26%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 1324.62mg (57.59%), Alcohol: 2.1g (100%), Alcohol %: 0.92% (100%), Protein: 17.47g (34.94%), Manganese: 0.95mg (47.63%), Vitamin B1: 0.51mg (34.12%), Vitamin B3: 4.09mg (20.46%), Phosphorus: 187.84mg (18.78%), Fiber: 4.48g (17.93%), Calcium: 172.11mg (17.21%), Copper: 0.34mg (16.76%), Iron: 2.77mg (15.39%), Magnesium: 50.95mg (12.74%), Folate: 46.7µg (11.67%), Vitamin B2: 0.19mg (11.02%), Zinc: 1.63mg (10.85%), Vitamin K: 11.08µg (10.55%), Vitamin B5: 0.77mg (7.7%), Potassium: 243.78mg (6.97%), Vitamin B6: 0.1mg (4.92%), Vitamin C: 1.67mg (2.03%), Vitamin E: 0.29mg (1.95%), Vitamin A: 86.12IU (1.72%)