

Midwest Brisket

 Gluten Free  Dairy Free

READY IN



780 min.

SERVINGS



6

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pounds brisket
- 2 tablespoons celery seed
- 2 tablespoons garlic salt
- 4 tablespoons liquid smoke flavoring
- 0.5 cup onion chopped
- 4 tablespoons worcestershire sauce

Equipment

- bowl

frying pan

oven

Directions

- Combine liquid smoke, Worcestershire, garlic salt, onion and celery seed in small bowl.
- Place brisket in shallow non-metal dish, fatty side down.
- Pour marinade over meat; cover and refrigerate 8 hours or overnight.
- Preheat oven to 300 degrees F (150 degrees C).
- Remove meat from marinade and place in an ovenproof pan. Roast, fatty side up, 5 hours, until tender.

Nutrition Facts

 **PROTEIN 53.65%**  **FAT 43.46%**  **CARBS 2.89%**

Properties

Glycemic Index:4.5, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:33.844782272759%

Flavonoids

Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg Luteolin: 15.25mg, Luteolin: 15.25mg, Luteolin: 15.25mg, Luteolin: 15.25mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 607.79kcal (30.39%), Fat: 28.38g (43.66%), Saturated Fat: 9.84g (61.5%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.79g (1.38%), Sugar: 1.71g (1.9%), Cholesterol: 234.36mg (78.12%), Sodium: 2797.36mg (121.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.83g (157.66%), Vitamin B12: 9.19µg (153.09%), Zinc: 16.48mg (109.87%), Selenium: 62.36µg (89.09%), Vitamin B6: 1.62mg (81.07%), Phosphorus: 781.37mg (78.14%), Vitamin B3: 15.05mg (75.24%), Iron: 8.8mg (48.91%), Potassium: 1385.99mg (39.6%), Vitamin B2: 0.67mg (39.22%), Vitamin B1: 0.4mg (26.59%), Magnesium: 98.61mg (24.65%), Copper: 0.36mg (17.97%), Vitamin B5: 1.34mg (13.39%), Manganese: 0.23mg (11.37%), Vitamin E: 1.24mg (8.28%), Folate: 30.1µg (7.52%), Calcium: 70.87mg (7.09%), Vitamin K: 5.08µg (4.84%), Vitamin C: 2.8mg (3.4%), Fiber: 0.46g (1.85%)