



Mom's Brisket



Gluten Free



Dairy Free

READY IN



196 min.

SERVINGS



7

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbecue sauce
- ☐ 2.5 pound flat-cut beef brisket trimmed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon celery seed
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 teaspoon onion salt
- ☐ 0.5 cup water

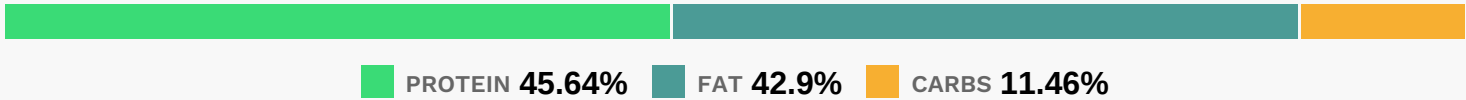
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Rinse brisket, and pat dry.
- ☐ Combine garlic salt and next 3 ingredients (through pepper); sprinkle evenly over brisket.
- ☐ Heat a 4- to 6-quart ovenproof Dutch oven over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add brisket; cook 5 minutes on each side or until browned.
- ☐ Add 1/2 cup water to pan. Cover and bake at 325 for 3 hours or until tender.
- ☐ Remove brisket from drippings, reserving drippings. Skim fat from drippings.
- ☐ Serve brisket with drippings, if desired, and Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:4.57, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:15.655217168124%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg

Nutrients (% of daily need)

Calories: 304.83kcal (15.24%), Fat: 14.11g (21.71%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 8.25g (3%), Sugar: 6.78g (7.54%), Cholesterol: 100.44mg (33.48%), Sodium: 671.71mg (29.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.77g (67.55%), Vitamin B12: 3.94µg (65.61%), Zinc: 7.03mg (46.87%), Selenium: 26.86µg (38.37%), Vitamin B6: 0.7mg (34.87%), Phosphorus: 330.71mg (33.07%), Vitamin B3:

6.51mg (32.55%), Iron: 3.32mg (18.46%), Vitamin B2: 0.29mg (16.91%), Potassium: 585.95mg (16.74%), Vitamin B1: 0.17mg (11.16%), Magnesium: 40.97mg (10.24%), Copper: 0.15mg (7.56%), Vitamin E: 1.03mg (6.9%), Vitamin B5: 0.6mg (6.02%), Vitamin K: 4.13µg (3.94%), Manganese: 0.08mg (3.92%), Folate: 11.79µg (2.95%), Calcium: 18.71mg (1.87%)