



My Best Beef Brisket

 **Gluten Free**

READY IN



845 min.

SERVINGS



8

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pounds brisket
- ☐ 10.5 ounce beef broth canned
- ☐ 8 ounce cream cheese softened
- ☐ 1 tablespoon horseradish prepared
- ☐ 0.3 cup juice of lemon
- ☐ 0.8 tablespoon liquid smoke flavoring
- ☐ 0.8 cup soya sauce

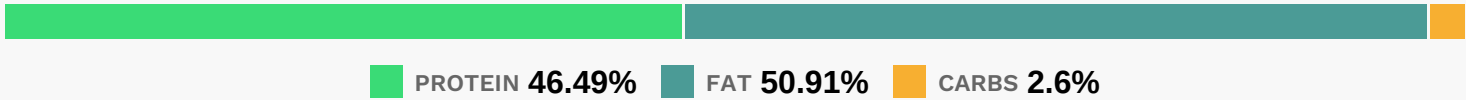
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Place the brisket in a stainless steel or glass container. In a small bowl, stir together broth soy sauce, lemon juice, and liquid smoke; pour over brisket.
- ☐ Place in refrigerator and marinate overnight.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Remove brisket from marinade and place in a 9x13 inch baking dish.
- ☐ Bake in a preheated oven for 6 hours or until tender.
- ☐ For the sauce, in a small bowl combine the softened cream cheese and horseradish.
- ☐ Whisk together thoroughly.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:28.303913354874%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 556.87kcal (27.84%), Fat: 30.78g (47.35%), Saturated Fat: 13.12g (81.98%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 3.27g (1.19%), Sugar: 1.78g (1.98%), Cholesterol: 204.4mg (68.13%), Sodium: 1677.42mg (72.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.24g (126.49%), Vitamin B12: 6.98µg (116.29%), Zinc: 12.47mg (83.16%), Selenium: 49.43µg (70.61%), Phosphorus: 634.46mg (63.45%), Vitamin B6: 1.26mg (62.93%), Vitamin B3: 12.36mg (61.8%), Vitamin B2: 0.59mg (34.68%), Iron: 6.07mg (33.72%), Potassium: 1051.62mg (30.05%), Vitamin B1: 0.31mg (20.37%), Magnesium: 78.16mg (19.54%), Copper: 0.26mg (13.18%), Vitamin B5: 1.25mg (12.55%), Manganese: 0.16mg (7.92%), Vitamin E: 1.16mg (7.75%), Vitamin A: 381.23IU (7.62%), Folate:

29.65µg (7.41%), Calcium: 49.76mg (4.98%), Vitamin C: 3.42mg (4.14%), Vitamin K: 4.31µg (4.1%), Fiber: 0.26g (1.03%)