



 **53%**
HEALTH SCORE

Onion-Smothered Roast Brisket and Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pound brisket
- 0.5 cup beer
- 1 tablespoon brown sugar
- 1 pound carrots cut into 1 1/2-inch-thick pieces (2 cups)
- 1 cup bottled chili sauce
- 6 cups onion separated thinly sliced
- 0.5 teaspoon garlic pepper (such as Lawry's)

- 1.5 pounds potatoes red quartered (6)
- 0.5 teaspoon lawry's seasoned salt
- 1 tablespoon worcestershire sauce

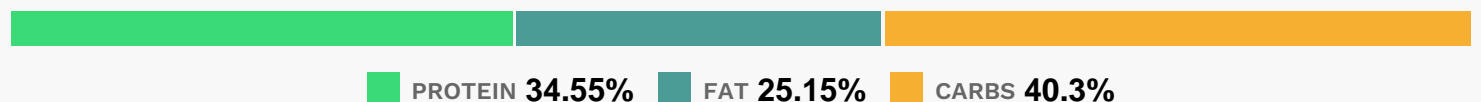
Equipment

- bowl
- oven
- roasting pan
- dutch oven

Directions

- Preheat oven to 32
- Trim fat from brisket.
- Place brisket in a large roasting pan; top with onion.
- Combine chili sauce, beer, sugar, and Worcestershire sauce; pour over onion. Cover and bake at 325 for 1 1/2 hours.
- Stir onion into cooking liquid. Arrange the carrots and potatoes around brisket; spoon cooking liquid over vegetables.
- Sprinkle seasoned salt and garlic pepper over meat and vegetables. Cover and bake an additional 1 1/2 hours or until vegetables are tender.
- Cut brisket diagonally across the grain into thin slices. Arrange the beef and vegetables in each of 8 shallow bowls, and serve with sauce.
- Note: If you don't have a large roasting pan, cut brisket in half, and place in a large Dutch oven.

Nutrition Facts



Properties

Glycemic Index:18.04, Glycemic Load:4.51, Inflammation Score:-10, Nutrition Score:27.957391407179%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 25.04mg, Quercetin: 25.04mg, Quercetin: 25.04mg, Quercetin: 25.04mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 395.84kcal (19.79%), Fat: 10.93g (16.81%), Saturated Fat: 3.79g (23.66%), Carbohydrates: 39.38g (13.13%), Net Carbohydrates: 33.49g (12.18%), Sugar: 15.08g (16.76%), Cholesterol: 87.88mg (29.29%), Sodium: 802.5mg (34.89%), Alcohol: 0.58g (100%), Alcohol %: 0.16% (100%), Protein: 33.76g (67.52%), Vitamin A: 9714.24IU (194.28%), Vitamin B12: 3.45µg (57.46%), Vitamin B6: 1.03mg (51.32%), Zinc: 6.79mg (45.29%), Phosphorus: 412.87mg (41.29%), Vitamin B3: 7.9mg (39.49%), Potassium: 1361.4mg (38.9%), Selenium: 24.85µg (35.5%), Vitamin C: 25.33mg (30.71%), Fiber: 5.9g (23.59%), Iron: 4.17mg (23.16%), Vitamin B1: 0.34mg (22.44%), Vitamin B2: 0.36mg (21.36%), Manganese: 0.38mg (19.06%), Magnesium: 75.56mg (18.89%), Copper: 0.35mg (17.52%), Folate: 62.95µg (15.74%), Vitamin K: 14.07µg (13.4%), Vitamin B5: 1.04mg (10.45%), Vitamin E: 1.52mg (10.12%), Calcium: 73.27mg (7.33%)