



Oven-Baked Brisket

 Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound brisket trimmed
- ☐ 1 cup chili sauce
- ☐ 1.3 cups cola drink soft
- ☐ 2 cups catsup
- ☐ 1.4 ounce onion soup recipe mix french

Equipment

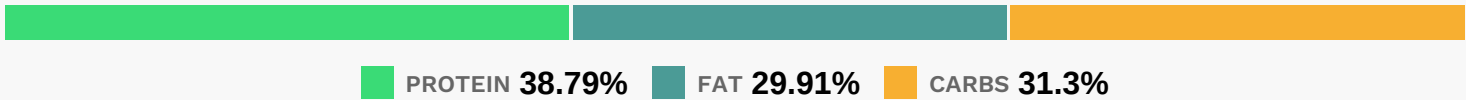
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Stir together first 4 ingredients in a small bowl.
- ☐ Place brisket, fat side up, in an aluminum foil-lined 13- x 9-inch baking dish.
- ☐ Pour chili sauce mixture over brisket. Cover with foil, and seal.
- ☐ Bake at 350 for 3 hours.
- ☐ Remove from oven; let stand 20 minutes. Slice meat, and pour sauce over slices.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:2.96, Inflammation Score:-6, Nutrition Score:26.897825904514%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 511.77kcal (25.59%), Fat: 16.96g (26.1%), Saturated Fat: 5.91g (36.95%), Carbohydrates: 39.93g (13.31%), Net Carbohydrates: 38.17g (13.88%), Sugar: 27.81g (30.9%), Cholesterol: 140.61mg (46.87%), Sodium: 2047.68mg (89.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.93mg (1.31%), Protein: 49.49g (98.98%), Vitamin B12: 5.51µg (91.85%), Zinc: 10.07mg (67.12%), Vitamin B6: 1.19mg (59.51%), Selenium: 38.63µg (55.19%), Vitamin B3: 10.91mg (54.53%), Phosphorus: 519.19mg (51.92%), Potassium: 1190.25mg (34.01%), Vitamin B2: 0.57mg (33.43%), Iron: 5.14mg (28.53%), Vitamin B1: 0.29mg (19.67%), Vitamin E: 2.78mg (18.51%), Magnesium: 71.99mg (18%), Copper: 0.33mg (16.62%), Vitamin A: 720.79IU (14.42%), Vitamin C: 10.78mg (13.07%), Vitamin B5: 0.89mg (8.88%), Manganese: 0.16mg (7.8%), Vitamin K: 7.81µg (7.44%), Fiber: 1.77g (7.07%), Folate: 27.17µg (6.79%), Calcium: 42.88mg (4.29%)