



Oven Barbecue Brisket



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons pickling spice
- ☐ 4 pound brisket
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 1 cup cola drink soft
- ☐ 1 cup catsup
- ☐ 2 tablespoons mustard prepared
- ☐ 2 gallons water

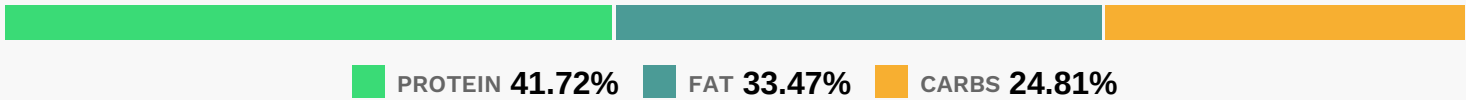
Equipment

- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Bring brisket, 2 gallons water, and 3 tablespoons pickling spice to a boil in a stockpot; reduce heat, and simmer for 2 1/2 hours.
- ☐ Drain; cover and chill brisket 8 hours.
- ☐ Place brisket in a lightly greased shallow roasting pan.
- ☐ Stir together 1 cup ketchup and next 3 ingredients.
- ☐ Drizzle one-third of sauce over brisket.
- ☐ Bake brisket at 350 for 3 hours, basting every hour with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:18.299130289451%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 307.99kcal (15.4%), Fat: 11.41g (17.55%), Saturated Fat: 3.98g (24.89%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 17.29g (6.29%), Sugar: 15.1g (16.78%), Cholesterol: 93.74mg (31.25%), Sodium: 364.17mg (15.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32g (64%), Vitamin B12: 3.67µg (61.23%), Zinc: 6.74mg (44.91%), Selenium: 26.08µg (37.26%), Vitamin B6: 0.71mg (35.54%), Vitamin B3: 6.44mg (32.19%), Phosphorus: 319.61mg (31.96%), Iron: 4.46mg (24.78%), Vitamin K: 25.59µg (24.37%), Vitamin B2: 0.31mg (18.32%), Potassium: 618.07mg (17.66%), Magnesium: 55.69mg (13.92%), Copper: 0.27mg (13.43%), Manganese: 0.24mg (12.11%), Vitamin B1: 0.16mg (10.98%), Calcium: 98.1mg (9.81%), Vitamin E: 1.46mg (9.73%), Fiber: 1.74g (6.95%), Vitamin B5: 0.59mg (5.92%), Folate: 21.41µg (5.35%), Vitamin A: 167.26IU (3.35%), Vitamin C: 0.92mg (1.11%)