



Oven Barbecued Beef Brisket I



Gluten Free



Dairy Free

READY IN



310 min.

SERVINGS



10

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 4 pounds brisket
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon garlic powder
- ☐ 10 servings salt to taste
- ☐ 1 cup water

Equipment

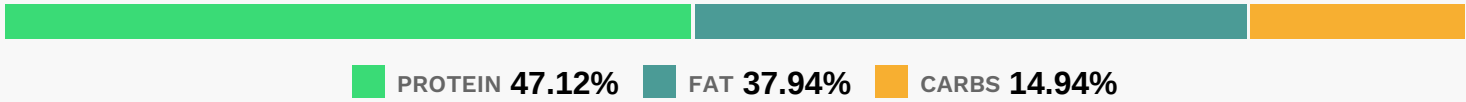
- ☐ frying pan

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 325 degrees F (160 degrees).
- ☐ Sprinkle both sides of brisket with salt, pepper and garlic powder.
- ☐ Place in a large covered roasting pan.
- ☐ Cook covered with no water at 325 degrees F (160 degrees C) allowing 1 hour per pound.
- ☐ Before last hour of cooking, remove brisket and slice. Return slices to pan and add barbecue sauce mixed with water. Cover meat with sauce, cover, and cook 1 hour longer.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:17.494782689473%

Nutrients (% of daily need)

Calories: 331.91kcal (16.6%), Fat: 13.56g (20.86%), Saturated Fat: 4.72g (29.47%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 11.68g (4.25%), Sugar: 9.5g (10.56%), Cholesterol: 112.49mg (37.5%), Sodium: 633.11mg (27.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.9g (75.8%), Vitamin B12: 4.41µg (73.48%), Zinc: 7.88mg (52.55%), Selenium: 30.21µg (43.16%), Vitamin B6: 0.79mg (39.45%), Phosphorus: 371.97mg (37.2%), Vitamin B3: 7.32mg (36.62%), Iron: 3.7mg (20.58%), Potassium: 671.37mg (19.18%), Vitamin B2: 0.33mg (19.13%), Vitamin B1: 0.19mg (12.64%), Magnesium: 46.26mg (11.57%), Copper: 0.17mg (8.7%), Vitamin B5: 0.69mg (6.87%), Vitamin E: 0.81mg (5.42%), Manganese: 0.09mg (4.52%), Folate: 13.45µg (3.36%), Vitamin K: 3.2µg (3.05%), Calcium: 20.46mg (2.05%), Fiber: 0.34g (1.34%), Vitamin A: 65.16IU (1.3%)