



Oven Barbecued Beef Brisket II

 Dairy Free  Low Fod Map

READY IN



245 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds brisket
- 1 ounce onion soup mix dry

Equipment

- bowl
- oven
- roasting pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a roasting pan, place brisket fat side up. In a small bowl, combine cola beverage, onion soup mix, and chile sauce.
- Pour chile sauce mixture over brisket.
- Cover, and bake in preheated oven for 3 to 4 hours. Uncover the brisket during the last hour of cooking.

Nutrition Facts

PROTEIN 53.42% **FAT 42.42%** **CARBS 4.16%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:26.004347611543%

Nutrients (% of daily need)

Calories: 460.18kcal (23.01%), Fat: 20.92g (32.18%), Saturated Fat: 7.35g (45.93%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 4.14g (1.51%), Sugar: 0.33g (0.37%), Cholesterol: 175.77mg (58.59%), Sodium: 793.15mg (34.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.27g (118.54%), Vitamin B12: 6.89µg (114.82%), Zinc: 12.3mg (81.99%), Selenium: 46.85µg (66.93%), Vitamin B6: 1.23mg (61.6%), Phosphorus: 584.78mg (58.48%), Vitamin B3: 11.27mg (56.37%), Iron: 5.53mg (30.73%), Vitamin B2: 0.5mg (29.49%), Potassium: 986.63mg (28.19%), Vitamin B1: 0.3mg (20.22%), Magnesium: 69.46mg (17.36%), Copper: 0.25mg (12.59%), Vitamin B5: 1.05mg (10.53%), Vitamin E: 0.92mg (6.11%), Folate: 19.84µg (4.96%), Manganese: 0.09mg (4.34%), Vitamin K: 3.78µg (3.6%), Calcium: 24.31mg (2.43%), Fiber: 0.47g (1.87%)