



Oven BBQ Brisket

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

READY IN



205 min.

SERVINGS



25

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup original barbecue sauce kraft
- 4 lb brisket
- 1 lb carrots cut into 1/2-inch-thick slices
- 1 onion separated thinly sliced
- 2 lb potatoes red cut into 1-1/2-inch chunks (6)

Equipment

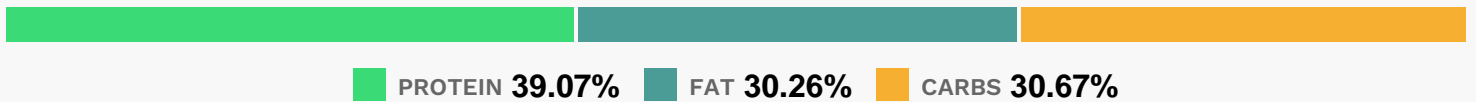
- bowl
- frying pan

- sauce pan
- oven
- roasting pan
- slotted spoon

Directions

- Heat oven to 325F.
- Place meat, fat-side up in roasting pan; top with onions and barbecue sauce. Cover.
- Bake 2 hours. Scatter potatoes and carrots around meat.
- Bake, covered, 1 hour or until meat is done (160F).
- Use slotted spoon to transfer potatoes and carrots to serving bowl; cover to keep warm.
- Transfer meat to carving board, reserving sauce and onions in pan. Cover meat to keep warm. Skim fat from reserved sauce; discard.
- Pour sauce and onions into saucepan; bring to boil on high heat. Simmer on medium-low heat 5 min. or until slightly thickened, stirring occasionally.
- Carve meat across the grain into thin slices.
- Serve with vegetables and sauce.

Nutrition Facts



Properties

Glycemic Index:2.95, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:11.913913021917%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 166.77kcal (8.34%), Fat: 5.52g (8.49%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 11.28g (4.1%), Sugar: 5.31g (5.9%), Cholesterol: 45mg (15%), Sodium: 194.39mg (8.45%), Alcohol: Og

(100%), Alcohol %: 0% (100%), Protein: 16.03g (32.07%), Vitamin A: 3059.34IU (61.19%), Vitamin B12: 1.76µg (29.39%), Zinc: 3.32mg (22.12%), Vitamin B6: 0.41mg (20.27%), Phosphorus: 177.92mg (17.79%), Vitamin B3: 3.53mg (17.64%), Selenium: 12.27µg (17.53%), Potassium: 495.63mg (14.16%), Iron: 1.8mg (9.97%), Vitamin B2: 0.15mg (8.98%), Vitamin B1: 0.12mg (7.91%), Magnesium: 28.78mg (7.19%), Copper: 0.12mg (6.24%), Vitamin C: 4.59mg (5.56%), Manganese: 0.11mg (5.37%), Fiber: 1.3g (5.21%), Vitamin K: 4.61µg (4.39%), Vitamin B5: 0.43mg (4.29%), Folate: 16.12µg (4.03%), Vitamin E: 0.45mg (2.99%), Calcium: 18.03mg (1.8%)