



Oven-Braised Corned Beef Brisket



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 0.3 cup brown sugar
- ☐ 4 lb corned beef brisket
- ☐ 0.3 cup dijon mustard
- ☐ 1 optional: lemon ends trimmed
- ☐ 0.5 lb onion peeled
- ☐ 0.5 teaspoon allspice whole

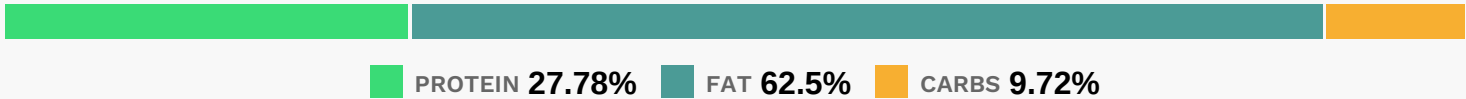
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Trim and discard most of the surface fat from brisket. Rinse meat well under cool running water, rubbing gently to release its corning salt.
- ☐ Lay meat, fattiest side up, in a 2-inch-deep, 11- by 15- or 16-inch roasting pan. Thinly slice lemon (discard seeds) and onion and lay slices over meat.
- ☐ Sprinkle with peppercorns, allspice, and cloves.
- ☐ Set pan on middle rack in a 325 oven.
- ☐ Pour about 8 cups boiling water around brisket, seal the pan with foil, and bake until meat is very tender when pierced, about 4 hours. Uncover and drain off all but about 1 cup of the liquid. If desired, reserve the lemon and onion slices and rearrange them on top of the meat.
- ☐ In a small bowl, mix the mustard and brown sugar; spread evenly over meat, on top of the onion-lemon mixture. Broil about 8 inches from heat until the mustard mixture begins to brown, 3 to 5 minutes.
- ☐ Transfer the brisket to a platter.
- ☐ Serve hot, warm, or cold; slice meat across the grain.
- ☐ Notes: The weight of the meat shrinks by about half as the brisket cooks.

Nutrition Facts



Properties

Glycemic Index:16.44, Glycemic Load:0.93, Inflammation Score:-5, Nutrition Score:22.156956850187%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg,

Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 497.37kcal (24.87%), Fat: 34.17g (52.57%), Saturated Fat: 10.78g (67.37%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 10.55g (3.84%), Sugar: 8.32g (9.25%), Cholesterol: 122.47mg (40.82%), Sodium: 2849.38mg (123.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.17g (68.34%), Vitamin C: 70.64mg (85.62%), Vitamin B12: 4.04µg (67.28%), Selenium: 46.05µg (65.79%), Zinc: 6.58mg (43.88%), Vitamin B3: 8.41mg (42.07%), Vitamin B6: 0.71mg (35.65%), Phosphorus: 285.63mg (28.56%), Iron: 4.22mg (23.45%), Vitamin B2: 0.37mg (21.93%), Potassium: 764.95mg (21.86%), Copper: 0.28mg (14.18%), Vitamin B5: 1.39mg (13.93%), Magnesium: 41.38mg (10.34%), Manganese: 0.2mg (10.1%), Vitamin B1: 0.13mg (8.77%), Fiber: 1.4g (5.6%), Folate: 19.03µg (4.76%), Calcium: 40.99mg (4.1%), Vitamin K: 1.13µg (1.08%)