



## Oven-Roasted Fiesta Brisket



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



998 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 lb beef brisket flat
- ☐ 0.5 cup cider vinegar
- ☐ 8 servings garnish: cilantro sprig fresh
- ☐ 8 garlic cloves
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cloves
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 teaspoons ground pepper

- ☐ 4 guajillo chiles
- ☐ 2 large limes cut into wedges
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 1 medium onion chopped
- ☐ 2 teaspoons mexican oregano leaves dried
- ☐ 8 cups hickory wood chips
- ☐ 3 teaspoons salt divided
- ☐ 3 thyme sprigs fresh
- ☐ 4 cups water boiling

## Equipment

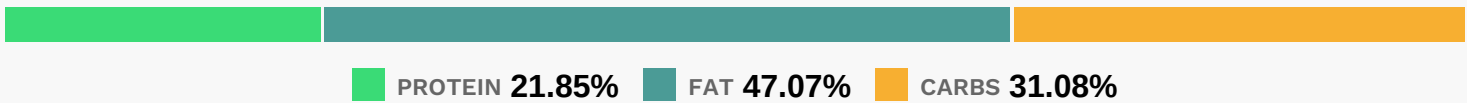
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Cook chiles in a skillet over high heat 5 minutes or until fragrant, turning often.
- ☐ Remove stems and seeds from chiles.
- ☐ Place chiles in a large bowl; add 4 cups boiling water, and let stand 20 minutes.
- ☐ Drain.
- ☐ Process chiles, vinegar, next 8 ingredients, and 3/4 tsp. salt in a blender or food processor until smooth, stopping to scrape down sides as needed.
- ☐ Sprinkle pepper and remaining 2 1/4 tsp. salt over brisket.
- ☐ Place brisket in an extra-large zip-top plastic freezer bag or a large shallow dish.

- ☐ Pour chile mixture over brisket; rub brisket with chile mixture. Seal or cover, and chill 2 to 24 hours.
- ☐ Preheat oven to 35
- ☐ Remove brisket from marinade, discarding marinade. Wrap brisket with heavy-duty aluminum foil, and place in a jelly-roll pan.
- ☐ Bake 3 hours or until a meat thermometer inserted into thickest portion registers 195 and brisket is very tender.
- ☐ Remove from oven, and let stand 10 minutes.
- ☐ Cut brisket across the grain into thin slices. Squeeze juice from limes over brisket before serving.
- ☐ Garnish, if desired.
- ☐ Note: Guajillo chiles and Mexican oregano may be found on the spice aisle of specialty grocery stores or in Mexican markets.
- ☐ \*Dried oregano may be substituted for Mexican oregano.

## Nutrition Facts



## Properties

Glycemic Index:40.92, Glycemic Load:40.17, Inflammation Score:-9, Nutrition Score:36.039999277695%

## Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

## Nutrients (% of daily need)

Calories: 997.88kcal (49.89%), Fat: 52.49g (80.76%), Saturated Fat: 16.71g (104.42%), Carbohydrates: 78g (26%), Net Carbohydrates: 65.59g (23.85%), Sugar: 1.73g (1.92%), Cholesterol: 140.61mg (46.87%), Sodium: 2225.96mg (96.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.83g (109.66%), Vitamin B12: 5.53µg (92.1%), Vitamin B3: 14.72mg (73.61%), Vitamin B6: 1.47mg (73.27%), Zinc: 10.73mg (71.56%), Phosphorus: 662.15mg (66.21%), Selenium: 39.1µg (55.85%), Potassium: 1896.47mg (54.19%), Fiber: 12.42g (49.67%), Iron: 8.4mg (46.69%),

Manganese: 0.88mg (43.94%), Vitamin B2: 0.5mg (29.52%), Vitamin B1: 0.43mg (28.33%), Vitamin C: 23mg (27.88%), Magnesium: 106.21mg (26.55%), Vitamin B5: 2.17mg (21.74%), Folate: 74.47µg (18.62%), Copper: 0.33mg (16.56%), Vitamin A: 513.9IU (10.28%), Vitamin K: 9.48µg (9.03%), Calcium: 70.16mg (7.02%), Vitamin E: 0.95mg (6.3%)