



 **56%**  
HEALTH SCORE

## Paesano - Italian Beef Brisket with Fried Egg

READY IN



800 min.

SERVINGS



8

CALORIES



1622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 pound brisket
- 1 tablespoon pepper black freshly ground
- 8 eggs
- 2 tablespoons fennel seed
- 0.3 cup garlic minced
- 1 tablespoon garlic minced
- 0.3 cup kosher salt
- 8 servings horseradish mayonnaise for serving
- 1 teaspoon oregano

- 2 tablespoons oregano dried
- 8 servings pepperoncini for serving
- 16 slices sharp provolone
- 0.3 cup red wine vinegar
- 2 cups red wine vinegar
- 1 tablespoon salt
- 8 rolls halved seeded
- 0.5 tablespoon sugar
- 1 cup sugar
- 1 cup tomato paste
- 2 jersey tomatoes cut into eights

## Equipment

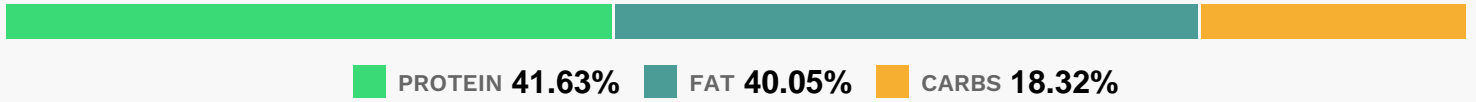
- sauce pan
- oven
- baking pan

## Directions

- For the marinade: Bring the vinegar, garlic, sugar, salt, oregano, fennel seed, black pepper, and 2 cups water to a boil in a medium saucepan. Boil for 5 minutes.
- Let cool.
- Place the brisket in a large baking dish and cover with the marinade.
- Let rest, covered, overnight in the refrigerator.
- Preheat the oven to 325 degrees F.
- For the brisket: Smear with the tomato paste and place in a clean large baking dish. Cook, covered, for 5 hours. The meat should easily come apart. Cool.
- Slice the brisket against the grain in 1/8-inch thick slices. Reserve the jus separately. Keep the brisket slices warm in the jus.
- Remove the insides of the rolls and smear with horseradish mayonnaise, to taste. Put 2 slices cheese, 2 to 3 roasted tomatoes, and a handful of pepperoncini on each roll.

- Place in the oven to crisp the rolls and melt the cheese. Meanwhile, cook the eggs to over-easy.
- Place 2 eggs on each roll. Top with about 4 ounces brisket and drizzle with some jus. Wrap and slice in half. Buen gustai!
- Preheat the oven to 275 degrees F.
- Combine all the ingredients and roast for 1 hour.

## Nutrition Facts



### Properties

Glycemic Index:59.4, Glycemic Load:44.27, Inflammation Score:-10, Nutrition Score:57.633913268214%

### Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

### Nutrients (% of daily need)

Calories: 1622.06kcal (81.1%), Fat: 70.39g (108.3%), Saturated Fat: 26.07g (162.91%), Carbohydrates: 72.42g (24.14%), Net Carbohydrates: 67.16g (24.42%), Sugar: 35.89g (39.88%), Cholesterol: 613.42mg (204.47%), Sodium: 7054.05mg (306.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 164.64g (329.29%), Vitamin B12: 17.48µg (291.41%), Zinc: 31.66mg (211.05%), Selenium: 133.53µg (190.76%), Phosphorus: 1711.66mg (171.17%), Vitamin B6: 3.25mg (162.29%), Iron: 27.23mg (151.29%), Vitamin B3: 28.64mg (143.21%), Vitamin B2: 1.58mg (92.75%), Potassium: 2939.1mg (83.97%), Magnesium: 209.6mg (52.4%), Vitamin B1: 0.78mg (51.96%), Vitamin C: 36.86mg (44.68%), Calcium: 433.91mg (43.39%), Copper: 0.81mg (40.73%), Vitamin B5: 3.45mg (34.47%), Vitamin K: 35.8µg (34.09%), Manganese: 0.68mg (33.81%), Vitamin E: 4.91mg (32.74%), Vitamin A: 1457.5IU (29.15%), Folate: 92.81µg (23.2%), Fiber: 5.26g (21.05%), Vitamin D: 1.08µg (7.19%)