



Passover Brisket

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

READY IN



200 min.

SERVINGS



7

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 3 cloves garlic finely chopped
- 1 cup red wine
- 0.8 cup chili sauce
- 0.3 cup catsup
- 3 tablespoons apple cider vinegar
- 3.5 lb brisket trimmed
- 1 serving salt and pepper

- 3 onion thinly sliced
- 3 sprigs thyme sprigs fresh

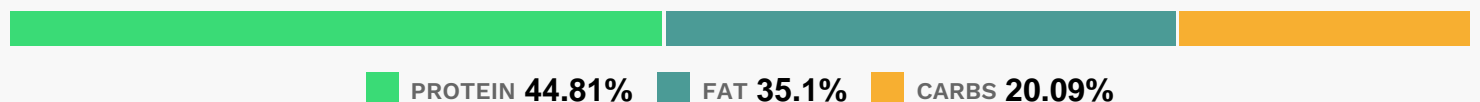
Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- roasting pan
- aluminum foil

Directions

- Heat oven to 300°F. In small bowl, mix brown sugar, garlic, wine, chili sauce, ketchup and vinegar with whisk until well blended. Set aside.
- Heat 12-inch skillet over medium-high heat 2 minutes. Pat beef brisket dry with paper towel; season with salt and pepper on each side. Sear beef 2 minutes on one side (beef will develop a dark crust). Turn beef; sear on other side.
- Place beef in large roasting pan. Cover with sauce, sliced onions and thyme sprigs. Cover with foil; bake 3 hours.
- Let beef stand 10 minutes.
- Cut across grain into slices.
- Serve with cooked onions and pan drippings.

Nutrition Facts



Properties

Glycemic Index:22.43, Glycemic Load:1.27, Inflammation Score:-7, Nutrition Score:24.630869492241%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.68mg, Petunidin: 0.68mg, Petunidin: 0.68mg, Petunidin: 0.68mg Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg Malvidin: 4.75mg, Malvidin: 4.75mg, Malvidin: 4.75mg, Malvidin: 4.75mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 468.66kcal (23.43%), Fat: 16.87g (25.96%), Saturated Fat: 5.91g (36.95%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 20.12g (7.32%), Sugar: 15.59g (17.32%), Cholesterol: 140.61mg (46.87%), Sodium: 682.58mg (29.68%), Alcohol: 3.63g (100%), Alcohol %: 1.27% (100%), Protein: 48.47g (96.94%), Vitamin B12: 5.51µg (91.85%), Zinc: 9.99mg (66.61%), Vitamin B6: 1.11mg (55.48%), Selenium: 38.16µg (54.52%), Phosphorus: 498.11mg (49.81%), Vitamin B3: 9.68mg (48.42%), Potassium: 1016.02mg (29.03%), Iron: 5.04mg (28%), Vitamin B2: 0.45mg (26.3%), Vitamin B1: 0.28mg (18.68%), Magnesium: 67.65mg (16.91%), Copper: 0.26mg (12.97%), Vitamin C: 9.61mg (11.65%), Manganese: 0.2mg (9.81%), Vitamin E: 1.42mg (9.49%), Vitamin B5: 0.89mg (8.86%), Folate: 28.89µg (7.22%), Fiber: 1.62g (6.46%), Vitamin A: 264.98IU (5.3%), Vitamin K: 5.07µg (4.83%), Calcium: 43.11mg (4.31%)