

Passover Brisket

 Dairy Free  Low Fod Map

READY IN



430 min.

SERVINGS



8

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 brisket whole trimmed (5 To 8 Pounds)
- 24 Ounce chili sauce (make Sure It's Kosher)
- 1 package onion soup mix (make Sure It's Kosher)

Equipment

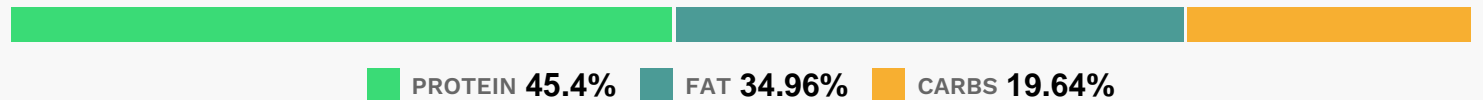
- frying pan
- oven
- baking pan
- aluminum foil

cutting board

Directions

- Place trimmed brisket into a large baking pan.
- Mix ketchup with onion soup mix.
- Add 1 cup of water or more to make it slightly thin.
- Pour sauce over the meat, cover pan with foil, and marinate 12 to 24 hours in the fridge.
- Place covered pan into a 275-degree oven and walk away for 6 to 8 hours, depending on how large the brisket is. Check tenderness when brisket has been cooking several hours: stick in two forks and pull in opposite directions. Meat should come apart easily. When meat is done, remove from oven and place on a cutting board. Slice against the grain; don't be disturbed if meat totally falls apart! That means it's good. Either return the sliced meat to the sauce until serving, or place meat on a platter and spoon sauce over the top.
- Serve with a kosher-for-passover noodle kugel!

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:26.027391392252%

Nutrients (% of daily need)

Calories: 450.58kcal (22.53%), Fat: 16.99g (26.14%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 18.96g (6.9%), Sugar: 11.64g (12.94%), Cholesterol: 140.59mg (46.86%), Sodium: 1890.99mg (82.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.64g (99.28%), Vitamin B12: 5.51µg (91.83%), Zinc: 9.99mg (66.59%), Vitamin B6: 1.13mg (56.49%), Selenium: 38.48µg (54.97%), Vitamin B3: 10.4mg (52%), Phosphorus: 515.03mg (51.5%), Potassium: 1114.33mg (31.84%), Iron: 5.12mg (28.46%), Vitamin B2: 0.46mg (27.33%), Vitamin B1: 0.32mg (21.54%), Vitamin C: 13.85mg (16.79%), Magnesium: 66.63mg (16.66%), Copper: 0.32mg (15.86%), Vitamin E: 2.37mg (15.79%), Vitamin A: 579.4IU (11.59%), Fiber: 2.51g (10.05%), Vitamin B5: 0.85mg (8.54%), Vitamin K: 7.47µg (7.11%), Folate: 23.53µg (5.88%), Manganese: 0.08mg (3.96%), Calcium: 38.54mg (3.85%)