



## Red Wine-Braised Brisket with Caramelized Onions

 Gluten Free  Dairy Free

READY IN



345 min.

SERVINGS



8

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 lb beef brisket flat cut into 3 pieces
- 10 oz cipollini onions peeled
- 750 milliliter cooking wine dry red
- 1.5 teaspoons rosemary fresh divided chopped
- 1.5 teaspoons pepper
- 1.5 teaspoons salt
- 4 shallots sliced

- 1 teaspoon sugar
- 2 tablespoons vegetable oil
- 3 large onions white loosely packed thinly sliced cut in half and (6 cups; 3 lb.)

## Equipment

- bowl
- oven
- aluminum foil
- dutch oven
- cutting board

## Directions

- Preheat oven to 35
- Sprinkle all sides of brisket pieces with salt and pepper. Cook brisket, in batches, in hot oil in an ovenproof Dutch oven over medium-high heat until browned on all sides (about 15 minutes).
- Transfer to a plate, reserving drippings in Dutch oven.
- Add white onions and shallots to hot drippings in Dutch oven, and sprinkle with sugar. Cook over medium heat, stirring often, 25 minutes or until onions are soft and caramelized. Stir in wine, 1 tsp. rosemary, and brisket. Top with cipollini onions; cover.
- Bake at 350 for 4 hours or until brisket is tender.
- Remove from oven, and let stand, covered, 30 minutes.
- Transfer brisket to a cutting board and onions to a large bowl, reserving liquid in Dutch oven. Cover brisket and onions loosely with aluminum foil.
- Bring reserved liquid to a boil over high heat, stirring often; boil, stirring often, 10 minutes or until liquid is reduced by half. Stir in cooked onions and remaining 1/2 tsp. rosemary.
- Cut brisket across the grain into thick slices.
- Serve with onion mixture.

## Nutrition Facts



PROTEIN 44.91% FAT 42.22% CARBS 12.87%

## Properties

Glycemic Index:23.26, Glycemic Load:2.8, Inflammation Score:-7, Nutrition Score:24.118695677946%

## Flavonoids

Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 19.16mg, Quercetin: 19.16mg, Quercetin: 19.16mg, Quercetin: 19.16mg

## Nutrients (% of daily need)

Calories: 509.09kcal (25.45%), Fat: 20.23g (31.13%), Saturated Fat: 6.44g (40.24%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 11.82g (4.3%), Sugar: 5.37g (5.97%), Cholesterol: 140.61mg (46.87%), Sodium: 620.45mg (26.98%), Alcohol: 9.99g (100%), Alcohol %: 2.93% (100%), Protein: 48.42g (96.84%), Vitamin B12: 5.51µg (91.85%), Zinc: 9.99mg (66.58%), Vitamin B6: 1.11mg (55.34%), Selenium: 37.83µg (54.04%), Phosphorus: 490.55mg (49.06%), Vitamin B3: 9.07mg (45.36%), Potassium: 929.25mg (26.55%), Iron: 4.74mg (26.33%), Vitamin B2: 0.41mg (24.33%), Vitamin B1: 0.28mg (18.46%), Magnesium: 64.63mg (16.16%), Manganese: 0.24mg (11.78%), Copper: 0.23mg (11.68%), Vitamin K: 10.28µg (9.79%), Vitamin B5: 0.95mg (9.48%), Vitamin C: 7.79mg (9.44%), Folate: 37.63µg (9.41%), Fiber: 2.06g (8.22%), Vitamin E: 1.03mg (6.87%), Calcium: 39.05mg (3.9%)