

## Risk It On Brisket



Dairy Free



Low Fod Map

READY IN



250 min.

SERVINGS



8

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 pound brisket lean (first cut, or flat serving)
- ☐ 1 cup brown sugar
- ☐ 1 envelope onion soup mix dry
- ☐ 1 cup ginger ale
- ☐ 1.5 cups catsup
- ☐ 0.3 cup red wine

### Equipment

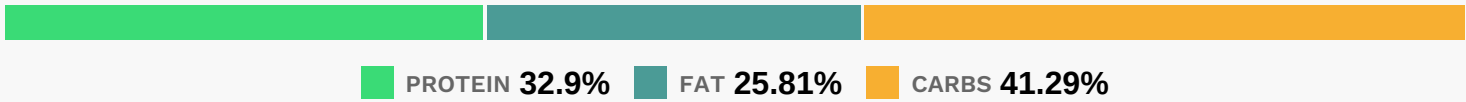
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Mix together the ketchup, ginger ale, dry onion soup mix, brown sugar, and red wine in a bowl, and stir until the brown sugar dissolves.
- ☐ Place the brisket into a disposable aluminum pan, and pour sauce over the brisket. Seal the pan with a cover of aluminum foil.
- ☐ Bake in the preheated oven until the meat is very tender, about 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:9.75, Glycemic Load:1.66, Inflammation Score:-4, Nutrition Score:18.253913034563%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 444.66kcal (22.23%), Fat: 12.6g (19.38%), Saturated Fat: 4.42g (27.6%), Carbohydrates: 45.34g (15.11%), Net Carbohydrates: 44.88g (16.32%), Sugar: 39.16g (43.52%), Cholesterol: 105.46mg (35.15%), Sodium: 954.14mg (41.48%), Alcohol: 0.8g (100%), Alcohol %: 0.35% (100%), Protein: 36.12g (72.25%), Vitamin B12: 4.13µg (68.89%), Zinc: 7.5mg (49.98%), Vitamin B6: 0.83mg (41.51%), Selenium: 28.84µg (41.19%), Vitamin B3: 7.47mg (37.33%), Phosphorus: 366.97mg (36.7%), Vitamin B2: 0.38mg (22.35%), Potassium: 770.22mg (22.01%), Iron: 3.77mg

(20.94%), Magnesium: 51.64mg (12.91%), Vitamin B1: 0.19mg (12.62%), Copper: 0.21mg (10.55%), Vitamin E: 1.21mg (8.05%), Vitamin B5: 0.7mg (6.98%), Manganese: 0.13mg (6.65%), Calcium: 46.71mg (4.67%), Vitamin A: 231.75IU (4.64%), Folate: 16.31µg (4.08%), Vitamin K: 3.66µg (3.49%), Vitamin C: 2.02mg (2.44%), Fiber: 0.47g (1.86%)