



WHATSheATE



Rum and Coffee Brisket



Gluten Free



Dairy Free



Popular

READY IN



2880 min.

SERVINGS



12

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



5 lb brisket



12 servings beef broth



1.5 tsp pepper black



4 tsp cornstarch



0.8 cup rum dark (recommended Bacardi Select)



2 cups strong coffee decoction brewed



0.3 cup olive oil extra virgin divided



4 cloves garlic peeled

- ☐ 2 tsp kosher salt
- ☐ 4 cups onion diced peeled
- ☐ 4 cups bell pepper diced red

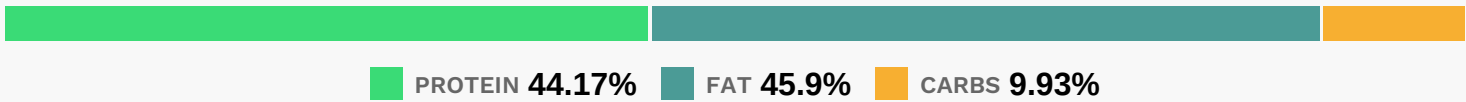
Equipment

- ☐ blender
- ☐ plastic wrap
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Rum and Coffee Brisket
- ☐ Ingredients5–7 lb brisket, first cut4 cups onion, peeled and diced4 cups red bell pepper, diced4 cloves garlic, peeled2 cups strong brewed coffee or espresso blend¾ cup dark rum (recommended Bacardi Select)1/4 cup extra virgin olive oil, divided
- ☐ Beef broth2 tsp kosher salt1 1/2 tsp black pepper4 tsp cornstarch
- ☐ You will also need
- ☐ Large heavy roasting pan, foil, skillet (if needed), blender (optional). If making ahead, you will also need plastic wrap and a ceramic or glass roasting dish.
- ☐ Total Time: 7 – 48 Hours
- ☐ Servings: 8–12 servings
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:1.85, Inflammation Score:-9, Nutrition Score:26.047826093176%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin:
0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg
Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg,
Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:
0.05mg, Myricetin: 0.05mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 406.74kcal (20.34%), Fat: 18.66g (28.7%), Saturated Fat: 5.57g (34.84%), Carbohydrates: 9.08g (3.03%),
Net Carbohydrates: 7.04g (2.56%), Sugar: 4.36g (4.84%), Cholesterol: 117.18mg (39.06%), Sodium: 546.04mg
(23.74%), Alcohol: 5.01g (100%), Alcohol %: 1.79% (100%), Caffeine: 15.8mg (5.27%), Protein: 40.39g (80.78%),
Vitamin C: 67.83mg (82.22%), Vitamin B12: 4.59µg (76.56%), Zinc: 8.39mg (55.94%), Vitamin B6: 1.02mg (50.8%),
Selenium: 31.49µg (44.99%), Phosphorus: 412.19mg (41.22%), Vitamin B3: 8.09mg (40.45%), Vitamin A: 1557.59IU
(31.15%), Vitamin B2: 0.41mg (24.13%), Potassium: 834.03mg (23.83%), Iron: 4.04mg (22.44%), Vitamin B1: 0.25mg
(16.6%), Magnesium: 56.68mg (14.17%), Vitamin E: 2.06mg (13.7%), Folate: 47.09µg (11.77%), Manganese: 0.21mg
(10.64%), Vitamin B5: 0.99mg (9.95%), Copper: 0.19mg (9.57%), Fiber: 2.04g (8.16%), Vitamin K: 8.28µg (7.88%),
Calcium: 29.26mg (2.93%)