



Simply the Easiest Beef Brisket

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

READY IN



250 min.

SERVINGS



6

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound brisket trimmed of fat
- 12 fluid ounce beer canned
- 0.8 cup brown sugar packed
- 12 ounce tomato-based chili sauce
- 1 medium onion thinly sliced
- 6 servings salt and pepper to taste

Equipment

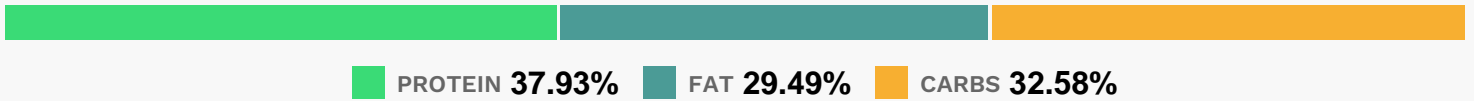
- bowl

- oven
- aluminum foil
- glass baking pan

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Season the brisket on all sides with salt and pepper, and place in a glass baking dish. Cover with a layer of sliced onions. In a medium bowl, mix together the beer, chili sauce, and brown sugar.
- Pour over the roast. Cover the dish tightly with aluminum foil.
- Bake for 3 hours in the preheated oven.
- Remove the aluminum foil, and bake for an additional 30 minutes.
- Let the brisket rest and cool slightly before slicing and returning to the dish. Reheat in the oven with the sauce spooned over the sliced meat.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:24.917391517888%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 540.96kcal (27.05%), Fat: 16.9g (26.01%), Saturated Fat: 5.91g (36.92%), Carbohydrates: 42.02g (14.01%), Net Carbohydrates: 40.34g (14.67%), Sugar: 34.99g (38.88%), Cholesterol: 140.61mg (46.87%), Sodium: 1143.53mg (49.72%), Alcohol: 2.31g (100%), Alcohol %: 0.75% (100%), Protein: 48.92g (97.83%), Vitamin B12: 5.52µg (92.05%), Zinc: 9.91mg (66.08%), Vitamin B6: 1.1mg (55.19%), Selenium: 38.6µg (55.14%), Vitamin B3: 10.2mg (50.99%), Phosphorus: 500.04mg (50%), Potassium: 1037.56mg (29.64%), Iron: 5.06mg (28.09%), Vitamin B2: 0.44mg

(26.18%), Vitamin B1: 0.29mg (19.28%), Magnesium: 66.83mg (16.71%), Copper: 0.28mg (13.92%), Vitamin C: 10.43mg (12.64%), Vitamin E: 1.82mg (12.12%), Vitamin B5: 0.88mg (8.77%), Vitamin A: 385.92IU (7.72%), Folate: 28.29µg (7.07%), Fiber: 1.67g (6.69%), Vitamin K: 5.97µg (5.69%), Calcium: 52.21mg (5.22%), Manganese: 0.08mg (3.91%)