



## 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

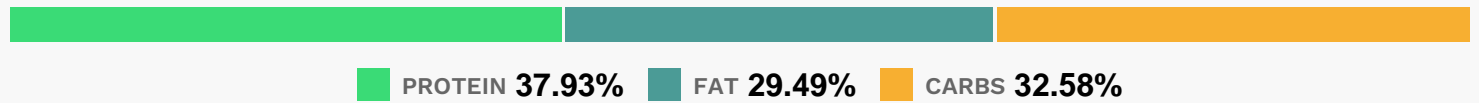
- bowl

- 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%)