



Slow Baked Beef Brisket with Gravy

 Dairy Free

READY IN

ready

250 min.

SERVINGS

servings

8

CALORIES

calories

336 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 3 pound brisket
- ☐ 14.5 ounce gravy canned
- ☐ 1 ounce onion soup mix dry
- ☐ 1 teaspoon garlic salt
- ☐ 0.5 cup salad dressing italian
- ☐ 1 teaspoon unseasoned meat tenderizer such as Adolph's®
- ☐ 6 ounce mushrooms drained sliced

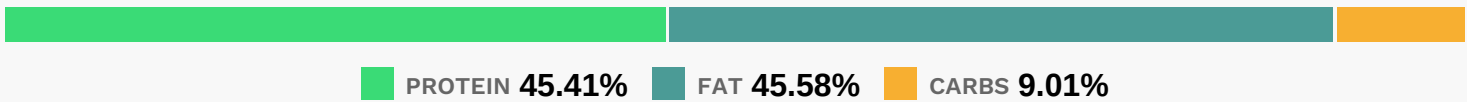
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ meat tenderizer

Directions

- ☐ Preheat an oven to 275 degrees F (135 degrees C). Season the beef brisket with garlic salt and meat tenderizer, and place in a 9x13-inch baking dish.
- ☐ Mix the beef gravy, Italian salad dressing, mushrooms, and onion soup mix in a bowl.
- ☐ Pour mixture over the beef brisket. Cover tightly with aluminum foil.
- ☐ Bake in the preheated oven until very tender, 4 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:17.81217409314%

Nutrients (% of daily need)

Calories: 336.24kcal (16.81%), Fat: 16.6g (25.54%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 6.94g (2.52%), Sugar: 3.04g (3.38%), Cholesterol: 109.97mg (36.66%), Sodium: 1092.62mg (47.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.23g (74.45%), Vitamin B12: 4.14µg (69.05%), Zinc: 7.5mg (49.97%), Selenium: 30.54µg (43.63%), Vitamin B6: 0.77mg (38.56%), Vitamin B3: 7.61mg (38.03%), Phosphorus: 371.15mg (37.12%), Vitamin B2: 0.38mg (22.64%), Iron: 3.46mg (19.22%), Potassium: 669.16mg (19.12%), Vitamin B1: 0.2mg (13.37%), Magnesium: 44.06mg (11.02%), Copper: 0.22mg (10.97%), Vitamin K: 10.49µg (9.99%), Vitamin B5: 0.95mg (9.53%), Vitamin E: 0.87mg (5.83%), Folate: 15.55µg (3.89%), Manganese: 0.06mg (3.14%), Fiber: 0.45g (1.79%), Calcium: 16.33mg (1.63%)