



Slow-Cooked Beef Brisket

 Dairy Free

READY IN



428 min.

SERVINGS



10

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pound flat-cut beef brisket trimmed cut in half
- 4 teaspoons bottled garlic minced
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, undrained canned
- 1.3 ounce golden onion soup mix (such as Lipton)
- 3 cups onions sliced

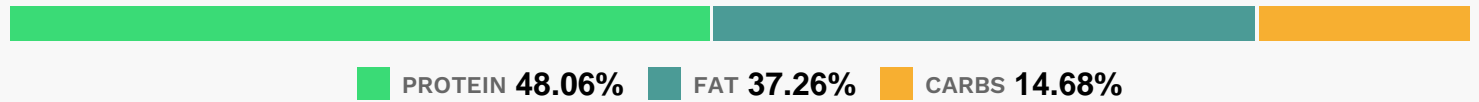
Equipment

- stove
- slow cooker

Directions

- Sprinkle beef evenly with soup mix, and place in a 5-quart electric slow cooker coated with cooking spray. Top beef with onion, tomatoes, and garlic. Cover and cook on HIGH 1 hour. Reduce heat to LOW, and cook 6 hours or until tender.
- Transfer beef to a serving platter; keep warm.
- Let onion-tomato sauce stand 30 minutes. Skim fat from surface of onion-tomato sauce, and serve over beef.
- Note: This brisket can easily be made the day ahead and reheated on the stovetop for a quick meal. Chilling the onion mixture will cause the fat to solidify, allowing you to skim it from the surface with more efficiency.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.02, Inflammation Score:-5, Nutrition Score:18.369130808374%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.78mg, Quercetin: 9.78mg, Quercetin: 9.78mg, Quercetin: 9.78mg

Nutrients (% of daily need)

Calories: 292.21kcal (14.61%), Fat: 11.89g (18.29%), Saturated Fat: 4.15g (25.96%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 8.66g (3.15%), Sugar: 4.04g (4.48%), Cholesterol: 98.43mg (32.81%), Sodium: 477.92mg (20.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.5g (69%), Vitamin B12: 3.86µg (64.3%), Zinc: 7.1mg (47.33%), Vitamin B6: 0.83mg (41.61%), Selenium: 26.99µg (38.56%), Phosphorus: 357.01mg (35.7%), Vitamin B3: 6.88mg (34.41%), Potassium: 749.01mg (21.4%), Iron: 3.76mg (20.91%), Vitamin B2: 0.32mg (18.62%), Vitamin B1: 0.23mg (15.06%), Magnesium: 52.25mg (13.06%), Copper: 0.24mg (12%), Manganese: 0.22mg (10.87%), Vitamin C: 8.08mg (9.8%), Vitamin B5: 0.77mg (7.72%), Fiber: 1.88g (7.53%), Vitamin E: 1.04mg (6.92%), Folate: 25.64µg (6.41%), Vitamin K: 4.52µg (4.3%), Calcium: 41.84mg (4.18%), Vitamin A: 90.07IU (1.8%)