



## Slow-Cooked, Texas-Style Beef Brisket



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



20

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 pounds untrimmed beef brisket
- ☐ 2 tablespoons brown sugar packed
- ☐ 12 fluid ounce cola carbonated beverage canned
- ☐ 14 ounce catsup
- ☐ 2 tablespoons liquid smoke flavoring
- ☐ 1 cup strong coffee decoction black
- ☐ 3 tablespoons worcestershire sauce
- ☐ 3 tablespoons mustard yellow prepared

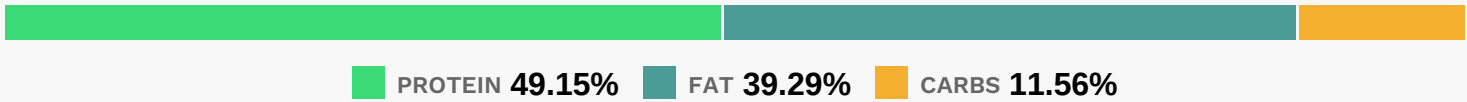
# Equipment

- ☐ bowl
- ☐ slow cooker

# Directions

- ☐ Place the beef brisket in a large slow cooker with the fat side up.
- ☐ Pour the coffee over the meat. Cook the brisket on LOW for 24 hours.
- ☐ Meanwhile, stir together the ketchup, cola beverage, Worcestershire sauce, mustard, liquid smoke, and brown sugar in a bowl until well blended. Refrigerate until needed.
- ☐ After 24 hours, remove and discard any fat from the brisket. Use a fork to pull apart and shred the meat.
- ☐ Pour the sauce over the meat, stirring to coat evenly, and cook 1 hour longer.

# Nutrition Facts



# Properties

Glycemic Index:4.75, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:17.695652194645%

# Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

# Nutrients (% of daily need)

Calories: 315.85kcal (15.79%), Fat: 13.47g (20.73%), Saturated Fat: 4.71g (29.42%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.76g (3.19%), Sugar: 7.27g (8.08%), Cholesterol: 112.49mg (37.5%), Sodium: 385.84mg (16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.16mg (2.05%), Protein: 37.92g (75.85%), Vitamin B12: 4.41µg (73.48%), Zinc: 7.88mg (52.53%), Selenium: 30.7µg (43.86%), Vitamin B6: 0.8mg (39.78%), Phosphorus: 375.99mg (37.6%), Vitamin B3: 7.49mg (37.43%), Vitamin B2: 0.36mg (20.89%), Iron: 3.75mg (20.85%), Potassium: 686.04mg (19.6%), Vitamin B1: 0.19mg (12.75%), Magnesium: 46.19mg (11.55%), Copper: 0.17mg (8.49%), Vitamin B5: 0.68mg (6.83%), Vitamin E: 0.88mg (5.88%), Folate: 15.1µg (3.77%), Manganese: 0.06mg (2.91%), Vitamin K: 3.03µg (2.88%), Vitamin A: 105.42IU (2.11%), Calcium: 17.78mg (1.78%), Vitamin C: 1.15mg (1.4%)