



Slow-Cooker Barbecue Brisket

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

READY IN



505 min.

SERVINGS



4

CALORIES



930 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple cider vinegar
- 4.5 pounds point-cut beef brisket trimmed (fat cap intact)
- 1 teaspoon celery salt
- 1.5 tablespoons chipotle chile powder
- 1 clove garlic minced
- 2 teaspoons ground cumin
- 1.3 cups catsup
- 4 servings kosher salt and pepper freshly ground

- 3 tablespoons brown sugar light packed
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- slow cooker
- cutting board

Directions

- Combine the brown sugar, chile powder, cumin, celery salt, garlic, and salt and pepper to taste in a small bowl. Rub all over the brisket, then transfer to a 5-to-6-quart slow cooker.
- Combine 3/4 cup ketchup, the vinegar and Worcestershire sauce in another small bowl.
- Pour over the brisket along with 3/4 cup water. Cover and cook on low, 8 hours.
- Remove the brisket to a cutting board and let rest 10 minutes. Meanwhile, skim off the excess fat from the sauce; stir in the remaining 1/2 cup ketchup. Reserve one-third of the brisket (about 12 ounces) and 1 cup of the brisket sauce for Southwestern Brisket Hash. Slice the remaining brisket and divide among plates. Top with some of the sauce and serve with potato salad and cornbread.
- Per serving: Calories 453; Fat 12 g (Saturated 5 g); Cholesterol 115 mg; Sodium 676 mg; Carbohydrate 16 g; Fiber 0 g; Protein 67 g
- Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:41.945217402085%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 930.42kcal (46.52%), Fat: 38.15g (58.69%), Saturated Fat: 13.32g (83.26%), Carbohydrates: 34.91g (11.64%), Net Carbohydrates: 32.98g (11.99%), Sugar: 27.52g (30.57%), Cholesterol: 316.38mg (105.46%), Sodium: 1923.63mg (83.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 107.3g (214.61%), Vitamin B12: 12.4µg (206.67%), Zinc: 22.2mg (147.98%), Selenium: 84.52µg (120.74%), Vitamin B6: 2.28mg (113.95%), Vitamin B3: 21.27mg (106.34%), Phosphorus: 1055.43mg (105.54%), Iron: 11.06mg (61.46%), Vitamin B2: 1mg (58.92%), Potassium: 1972.63mg (56.36%), Vitamin B1: 0.53mg (35.29%), Magnesium: 133.09mg (33.27%), Copper: 0.5mg (24.87%), Vitamin E: 2.77mg (18.43%), Vitamin B5: 1.84mg (18.38%), Manganese: 0.24mg (11.83%), Folate: 43.02µg (10.76%), Vitamin K: 8.99µg (8.56%), Vitamin A: 400.88IU (8.02%), Fiber: 1.93g (7.72%), Calcium: 60.98mg (6.1%), Vitamin C: 3.94mg (4.77%)