



Slow-Cooker Barbecue Brisket



Gluten Free



Dairy Free

READY IN



505 min.

SERVINGS



8

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 3.5 lb brisket
- ☐ 2 tablespoons brown sugar packed
- ☐ 1.5 teaspoons chili powder
- ☐ 1 tablespoon coarse salt
- ☐ 1 tablespoon garlic powder
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 tablespoon ground mustard

- ☐ 1 tablespoon onion powder
- ☐ 1 tablespoon paprika
- ☐ 1 tablespoon pepper

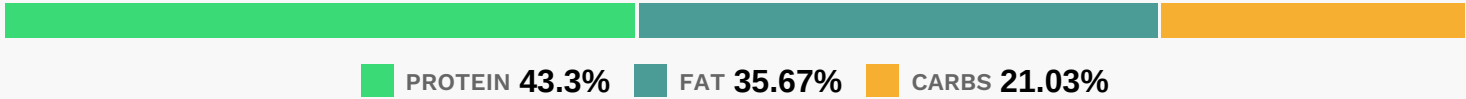
Equipment

- ☐ bowl
- ☐ ziploc bags
- ☐ slow cooker

Directions

- ☐ In small bowl, stir together all ingredients except beef and barbecue sauce. Rub mixture over beef.
- ☐ Place in resealable food-storage plastic bag; refrigerate at least 8 hours or overnight.
- ☐ In 3- to 4-quart slow cooker; place beef; pour barbecue over top.
- ☐ Cover; cook on Low heat setting 6 hours.
- ☐ Increase heat setting to High; cook 1 to 2 hours longer or until beef falls apart.
- ☐ Serve with additional barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:21.557826099188%

Nutrients (% of daily need)

Calories: 398.03kcal (19.9%), Fat: 15.46g (23.78%), Saturated Fat: 5.22g (32.64%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 19.18g (6.98%), Sugar: 15.05g (16.72%), Cholesterol: 123.04mg (41.01%), Sodium: 1406.77mg (61.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.22g (84.44%), Vitamin B12: 4.82µg (80.37%), Zinc: 8.82mg (58.78%), Selenium: 35.42µg (50.6%), Vitamin B6: 0.92mg (45.91%), Phosphorus: 427.28mg (42.73%), Vitamin B3: 8.24mg (41.22%), Iron: 4.81mg (26.72%), Potassium: 812.93mg (23.23%), Vitamin B2: 0.38mg (22.27%), Vitamin B1: 0.23mg (15.27%), Magnesium: 60.35mg (15.09%), Vitamin A: 631.38IU (12.63%), Manganese: 0.25mg (12.4%), Copper: 0.23mg (11.3%), Vitamin E: 1.39mg (9.28%), Vitamin B5: 0.81mg (8.14%), Vitamin K: 5.66µg (5.39%),

Fiber: 1.32g (5.27%), Folate: 17.78µg (4.45%), Calcium: 41.28mg (4.13%)