



Slow Cooker Barbecue Brisket Sliders



Dairy Free



Popular

READY IN



720 min.

SERVINGS



15

CALORIES



379 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups barbecue sauce
- ☐ 1 brisket
- ☐ 0.3 cup brown sugar to taste ()
- ☐ 0.5 tsp ground pepper
- ☐ 1 tbsp cornstarch
- ☐ 0.5 tsp cumin
- ☐ 0.5 tsp garlic powder
- ☐ 1 tsp onion powder

- ☐ 15 servings salt and pepper
- ☐ 15 small hawaiian rolls (small hamburger buns)
- ☐ 1 tsp paprika smoked

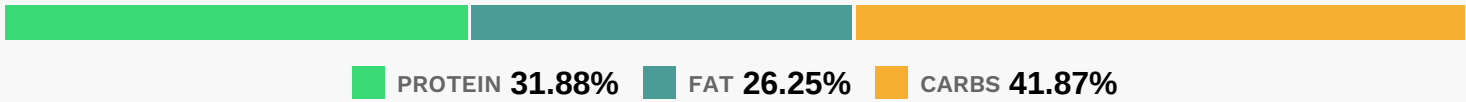
Equipment

- ☐ slow cooker

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Slow Cooker Barbecue Brisket Sliders
- ☐ Ingredients1 brisket, 4 lbs., first cut
- ☐ Salt and pepper1 tsp onion powder1 tsp smoked paprika1/2 tsp garlic powder1/2 tsp cumin1/2 tsp cayenne pepper1 1/2 cups honey barbecue sauce1/3 cup brown sugar (or more to taste)1 tbsp cornstarch15–16 slider buns (small hamburger buns)You will also need
- ☐ Slow cooker, 5–7 quart capacity
- ☐ Total Time: 12 Hours
- ☐ Servings: About 15 sliders
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:7.93, Glycemic Load:12.89, Inflammation Score:–4, Nutrition Score:16.784347907357%

Nutrients (% of daily need)

Calories: 378.92kcal (18.95%), Fat: 10.82g (16.65%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 37.69g (13.71%), Sugar: 17.4g (19.34%), Cholesterol: 74.98mg (24.99%), Sodium: 798.14mg (34.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.57g (59.14%), Vitamin B12: 3.02µg (50.41%), Selenium: 32.04µg (45.77%), Zinc: 5.6mg (37.31%), Vitamin B3: 6.76mg (33.81%), Phosphorus: 294.36mg (29.44%), Vitamin B6: 0.57mg (28.3%), Vitamin B1: 0.36mg (24.22%), Iron: 4.11mg (22.82%), Vitamin B2: 0.35mg (20.71%),

Potassium: 532.7mg (15.22%), Manganese: 0.3mg (15.17%), Folate: 49.79µg (12.45%), Magnesium: 42.72mg (10.68%), Copper: 0.17mg (8.51%), Calcium: 83.3mg (8.33%), Vitamin E: 0.79mg (5.28%), Vitamin B5: 0.48mg (4.82%), Fiber: 1.14g (4.56%), Vitamin K: 4.32µg (4.11%), Vitamin A: 155.98IU (3.12%)