



 **59%**
HEALTH SCORE

Slow-Cooker Brisket and Onions

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



370 min.

SERVINGS



6

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large onion yellow thinly sliced
- 2 garlic clove peeled smashed
- 4 pounds brisket trimmed
- 1 serving coarse mustard
- 2 cups chicken broth low-sodium
- 2 tablespoons parsley fresh chopped for serving

Equipment

- oven

slow cooker

Directions

- In a 5- to 6-quart slow cooker, combine onion and garlic. Season brisket with salt and pepper and place, fat side up, in slow cooker.
- Add broth. Cover and cook on high until brisket is fork-tender, about 6 hours.
- Remove brisket and thinly slice against the grain.
- Serve with onion and some cooking liquid; sprinkle with parsley.
- If you make this ahead of time, cover and refrigerate brisket in cooking liquid, up to 1 week. Reheat in a 300-degree oven.

Nutrition Facts

 **PROTEIN 53.98%** **FAT 42.89%** **CARBS 3.13%**

Properties

Glycemic Index:20.17, Glycemic Load:0.62, Inflammation Score:-4, Nutrition Score:29.303913209749%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 493.78kcal (24.69%), Fat: 22.83g (35.12%), Saturated Fat: 7.99g (49.93%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 3.21g (1.17%), Sugar: 1.2g (1.33%), Cholesterol: 187.48mg (62.49%), Sodium: 273.58mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.64g (129.29%), Vitamin B12: 7.43µg (123.78%), Zinc: 13.19mg (87.9%), Selenium: 50.14µg (71.63%), Vitamin B6: 1.32mg (66.11%), Vitamin B3: 13.05mg (65.25%), Phosphorus: 641.87mg (64.19%), Iron: 6.14mg (34.09%), Vitamin B2: 0.55mg (32.2%), Potassium: 1114.7mg (31.85%), Vitamin K: 25.93µg (24.69%), Vitamin B1: 0.32mg (21.24%), Magnesium: 74.15mg (18.54%), Copper: 0.3mg (14.87%), Vitamin B5: 1.1mg (11.03%), Folate: 28.03µg (7.01%), Vitamin E: 0.99mg (6.58%), Manganese: 0.1mg (4.85%), Vitamin C: 3.94mg (4.77%), Calcium: 28.19mg (2.82%), Vitamin A: 113.5IU (2.27%), Fiber: 0.53g (2.1%)