



Slow Cooker Honey Barbecue Brisket

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

READY IN



720 min.

SERVINGS



6

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 6 servings salt and pepper
- 0.5 tsp paprika smoked
- 6 quart frangelico
- 6 quart frangelico

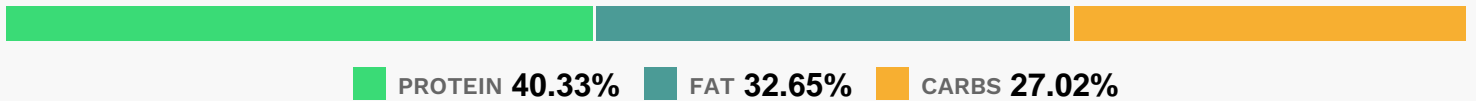
Equipment

- slow cooker

Directions

- Save Recipe
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- Slow Cooker Honey Barbecue Brisket
- Ingredients1 brisket, 5 lbs., first cut
- Salt and pepper1 tsp onion powder1/2 tsp garlic powder1/2 tsp smoked paprika (optional)1/2 tsp cumin1/4 tsp cayenne pepper (use 1/2 tsp for more heat)1 1/2 cups honey barbecue sauce1/3 cup brown sugar1/2 tbsp cornstarch
- You will also need
- Large slow cooker, 6-7 quart capacity
- Total Time: 12 Hours
- Servings: 6-8
- Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:29.103478390238%

Nutrients (% of daily need)

Calories: 644.13kcal (32.21%), Fat: 22.81g (35.09%), Saturated Fat: 7.87g (49.2%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 41.65g (15.15%), Sugar: 35.66g (39.62%), Cholesterol: 187.45mg (62.48%), Sodium: 1173.43mg

(51.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.39g (126.79%), Vitamin B12: 7.35µg (122.45%), Zinc: 13.2mg (87.98%), Selenium: 50.82µg (72.6%), Vitamin B6: 1.34mg (67.09%), Phosphorus: 626.5mg (62.65%), Vitamin B3: 12.39mg (61.93%), Iron: 6.54mg (36.31%), Potassium: 1195.21mg (34.15%), Vitamin B2: 0.56mg (32.82%), Vitamin B1: 0.32mg (21.57%), Magnesium: 81.63mg (20.41%), Copper: 0.31mg (15.31%), Vitamin B5: 1.2mg (12.01%), Vitamin E: 1.62mg (10.79%), Manganese: 0.16mg (7.93%), Folate: 23.27µg (5.82%), Vitamin A: 275.57IU (5.51%), Calcium: 52.77mg (5.28%), Vitamin K: 5.44µg (5.18%), Fiber: 0.83g (3.32%)