



 **57%**
HEALTH SCORE

Slow Cooker Moroccan Brisket with Red Onions and Apricot Couscous

 Dairy Free

READY IN



200 min.

SERVINGS



4

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apricots dried whole
- 2 pound brisket boneless
- 1 cup couscous
- 1 cup cooking wine dry red
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cinnamon

- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 tablespoons honey
- 0.5 cup beef broth reduced-sodium
- 1 pinch nutmeg
- 2 parsnips chopped
- 1 large onion red sliced into thin wedges
- 4 servings salt and pepper black freshly ground

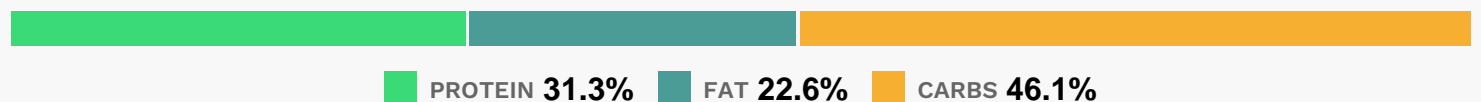
Equipment

- bowl
- whisk
- slow cooker

Directions

- Arrange onion wedges and parsnips in bottom of slow cooker. Season beef all over with salt and black pepper. In a small bowl, combine coriander, cumin, cinnamon, garlic powder, and nutmeg. Rub spice mixture all over beef. Arrange beef over onions and parsnips in slow cooker. Arrange apricots around beef.
- In a small bowl, whisk together wine, broth and honey.
- Pour mixture over beef and vegetables. Cover and cook on LOW for 6 to 8 hours or HIGH for 3 to 4 hours.
- Cook couscous according to package directions.
- Serve beef, vegetables and apricots over couscous.
- Pour over extra sauce from slow cooker and top with cilantro.

Nutrition Facts



Properties

Glycemic Index:94.67, Glycemic Load:36.82, Inflammation Score:-9, Nutrition Score:36.234348131263%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 755.58kcal (37.78%), Fat: 17.92g (27.57%), Saturated Fat: 6.07g (37.96%), Carbohydrates: 82.25g (27.42%), Net Carbohydrates: 72.63g (26.41%), Sugar: 30.98g (34.42%), Cholesterol: 140.61mg (46.87%), Sodium: 253.81mg (11.04%), Alcohol: 6.3g (100%), Alcohol %: 1.56% (100%), Protein: 55.84g (111.68%), Vitamin B12: 5.51µg (91.85%), Zinc: 10.91mg (72.73%), Phosphorus: 627.84mg (62.78%), Vitamin B3: 11.96mg (59.81%), Vitamin B6: 1.16mg (58.25%), Selenium: 39.96µg (57.08%), Manganese: 1.05mg (52.36%), Potassium: 1636.97mg (46.77%), Iron: 7.15mg (39.72%), Fiber: 9.62g (38.47%), Vitamin B2: 0.5mg (29.54%), Magnesium: 115.32mg (28.83%), Copper: 0.53mg (26.73%), Vitamin B1: 0.4mg (26.44%), Vitamin A: 1253.57IU (25.07%), Vitamin K: 24.9µg (23.71%), Vitamin E: 3.36mg (22.41%), Folate: 86.25µg (21.56%), Vitamin B5: 2.02mg (20.16%), Vitamin C: 16.17mg (19.6%), Calcium: 95.22mg (9.52%)