



Slow-Cooker Smoky Brisket Hoagies



Dairy Free

READY IN



620 min.

SERVINGS



12

CALORIES



464 kcal

Ingredients

- ☐ 2 medium onion sliced
- ☐ 1 medium bell pepper green coarsely chopped
- ☐ 4 lb brisket fresh trimmed of fat (not corned beef)
- ☐ 0.8 cup barbecue sauce
- ☐ 0.8 cup chili sauce
- ☐ 2 cloves garlic minced
- ☐ 12 portugese rolls split

Equipment

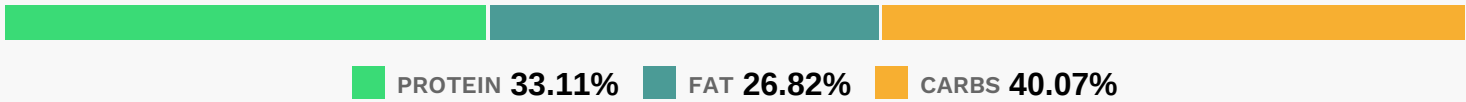
- ☐ bowl

- ☐ slotted spoon
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ In 3 1/2- to 4-quart slow cooker, place onions and bell pepper.
- ☐ Cut beef brisket across grain into 3 large pieces.
- ☐ Place beef on top of vegetables in slow cooker, overlapping pieces to fit if necessary.
- ☐ In small bowl, mix barbecue sauce, chili sauce and garlic until blended.
- ☐ Pour over beef.
- ☐ Cover; cook on Low heat setting 10 to 11 hours.
- ☐ To serve, remove beef from slow cooker; place on cutting board. With 2 forks, pull beef into shreds. Return beef to slow cooker; stir to mix with sauce. With slotted spoon, serve beef in hoagie buns.
- ☐ Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:23.41, Inflammation Score:-4, Nutrition Score:19.206521552542%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 464.1kcal (23.21%), Fat: 13.55g (20.84%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 45.53g (15.18%), Net Carbohydrates: 43.4g (15.78%), Sugar: 13.56g (15.06%), Cholesterol: 93.74mg (31.25%), Sodium: 825.83mg (35.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.62g (75.23%), Iron: 13.88mg (77.14%), Vitamin B12: 3.67µg (61.23%), Zinc: 6.62mg (44.16%), Vitamin B6: 0.73mg (36.31%), Selenium: 25.38µg (36.26%), Phosphorus: 324.42mg (32.44%), Vitamin B3: 6.41mg (32.05%), Potassium: 649.68mg (18.56%), Vitamin B2: 0.29mg (16.9%),

Vitamin C: 12.32mg (14.94%), Vitamin B1: 0.19mg (12.38%), Magnesium: 42.1mg (10.52%), Copper: 0.17mg (8.56%),
Fiber: 2.13g (8.5%), Vitamin E: 1mg (6.63%), Vitamin B5: 0.59mg (5.94%), Manganese: 0.09mg (4.39%), Folate:
16.97µg (4.24%), Vitamin A: 193.17IU (3.86%), Vitamin K: 3.99µg (3.8%), Calcium: 29.37mg (2.94%)