



Slow-Cooker Sweet and Savory Brisket of Beef

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

READY IN



615 min.

SERVINGS



8

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pound brisket fresh trimmed of fat (not corned beef)
- 7 ounces fruit mixed dried
- 32 ounces beef broth flavored
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 5 tablespoons oats gold wondra®

Equipment

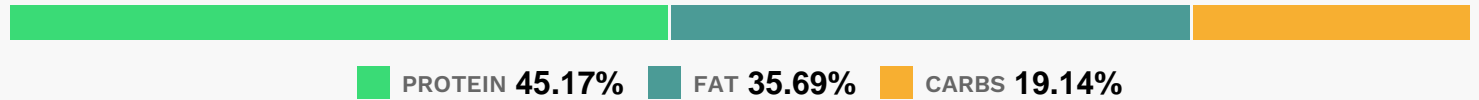
- whisk

- aluminum foil
- slow cooker

Directions

- Place all ingredients except flour in 3 1/2- to 4-quart slow cooker, cutting beef to fit if necessary.
- Cover and cook on Low heat setting 9 to 10 hours.
- Remove beef to warm platter; cover with aluminum foil. Increase heat setting to High. Beat flour into hot cooking liquid, using wire whisk. Cover and cook 5 to 10 minutes, stirring occasionally, until mixture is thickened.
- Cut beef into 8 portions; serve with sauce.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:5.61, Inflammation Score:-3, Nutrition Score:21.940434536046%

Nutrients (% of daily need)

Calories: 391.52kcal (19.58%), Fat: 15.36g (23.64%), Saturated Fat: 5.34g (33.4%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 15.72g (5.72%), Sugar: 11.94g (13.26%), Cholesterol: 123.04mg (41.01%), Sodium: 726.57mg (31.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.76g (87.51%), Vitamin B12: 4.9µg (81.69%), Zinc: 8.84mg (58.92%), Selenium: 34.77µg (49.67%), Phosphorus: 447.61mg (44.76%), Vitamin B3: 8.89mg (44.45%), Vitamin B6: 0.88mg (43.76%), Iron: 4.69mg (26.08%), Potassium: 899.9mg (25.71%), Vitamin B2: 0.39mg (22.72%), Magnesium: 75.12mg (18.78%), Manganese: 0.34mg (17.16%), Vitamin B1: 0.24mg (16.15%), Copper: 0.25mg (12.28%), Fiber: 2.82g (11.26%), Vitamin B5: 0.85mg (8.53%), Vitamin K: 6.77µg (6.45%), Calcium: 59.32mg (5.93%), Vitamin E: 0.75mg (5.01%), Folate: 19.61µg (4.9%)