



Slow-Cooker Sweet-and-Sour Brisket



Vegetarian



Vegan



Dairy Free

READY IN



305 min.

SERVINGS



6

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 oz canned tomatoes crushed canned
- ☐ 2.5 lb flat-cut brisket trimmed
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 onion thinly sliced
- ☐ 6 servings salt and pepper

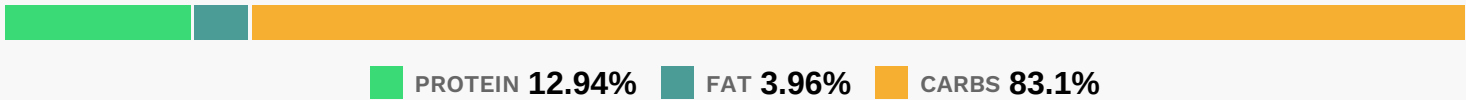
Equipment

- ☐ aluminum foil
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Place tomatoes, onion, garlic, raisins (if using), brown sugar and lemon juice in a slow cooker and stir to combine.
- ☐ Sprinkle brisket with 1 1/2 tsp. salt and season with pepper.
- ☐ Place brisket on tomato mixture and then spoon half of tomato mixture on meat. Cover and cook on high until meat is fork tender, 5 to 6 hours.
- ☐ Transfer brisket to a cutting board, tent with foil to keep warm, and let stand for 10 minutes. Skim fat from sauce and discard; season sauce with salt and pepper. Slice brisket across grain, transfer to a serving platter and spoon some sauce over meat.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:101.26, Inflammation Score:-6, Nutrition Score:17.9060869999437%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 606.83kcal (30.34%), Fat: 2.67g (4.11%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 126.3g (42.1%), Net Carbohydrates: 119.28g (43.37%), Sugar: 15.63g (17.36%), Cholesterol: 0mg (0%), Sodium: 1384.97mg (60.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.32%), Manganese: 1.2mg (59.93%), Vitamin B1: 0.62mg (41.03%), Copper: 0.57mg (28.75%), Vitamin B3: 5.71mg (28.54%), Fiber: 7.02g (28.08%), Iron: 4.49mg (24.96%), Phosphorus: 233.28mg (23.33%), Calcium: 221.57mg (22.16%), Magnesium: 78.81mg (19.7%), Vitamin C: 15.78mg (19.12%), Potassium: 662.59mg (18.93%), Folate: 67.16µg (16.79%), Vitamin B2: 0.26mg (15.23%), Vitamin

B6: 0.3mg (15.16%), Zinc: 1.99mg (13.29%), Vitamin B5: 1.17mg (11.65%), Vitamin E: 1.67mg (11.1%), Vitamin K: 7.1µg (6.76%), Vitamin A: 285.2IU (5.7%), Selenium: 1.14µg (1.63%)