



Slow-Cooker Teriyaki Beef Brisket

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



6

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 lb brisket fresh (not corned beef)
- ☐ 0.3 cup onion finely chopped
- ☐ 0.8 cup teriyaki sauce (from 12-oz bottle)
- ☐ 1 tablespoon orange zest grated
- ☐ 3 tablespoons water
- ☐ 2 tablespoons cornstarch

Equipment

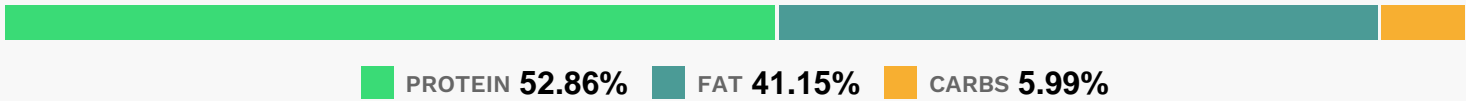
- ☐ bowl

- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Remove fat from beef. In 3 1/2- to 4-quart slow cooker, place beef. Top with onion. In small bowl, mix teriyaki glaze and orange peel; pour over beef and onion.
- ☐ Cover and cook on Low heat setting 8 to 10 hours.
- ☐ Remove beef from slow cooker; place on cutting board. Cover to keep warm.
- ☐ In small bowl, mix water and cornstarch; gradually stir into juices in slow cooker. Increase heat setting to High. Cover and cook about 15 minutes, stirring occasionally, until sauce has thickened.
- ☐ Cut beef across grain into thin slices.
- ☐ Serve sauce with beef.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:33.378260875526%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 632.62kcal (31.63%), Fat: 27.88g (42.89%), Saturated Fat: 9.79g (61.21%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.81g (3.2%), Sugar: 5.45g (6.06%), Cholesterol: 234.36mg (78.12%), Sodium: 1678.42mg (72.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 80.57g (161.15%), Vitamin B12: 9.19µg (153.09%), Zinc: 16.35mg (108.98%), Selenium: 62.52µg (89.31%), Phosphorus: 818.34mg (81.83%), Vitamin B6: 1.64mg (81.8%), Vitamin B3: 15.37mg (76.85%), Iron: 7.91mg (43.94%), Vitamin B2: 0.67mg (39.48%), Potassium: 1343.56mg (38.39%), Magnesium: 110.16mg (27.54%), Vitamin B1: 0.39mg (26.27%), Copper: 0.35mg (17.27%), Vitamin B5: 1.41mg (14.11%), Vitamin E: 1.21mg (8.09%), Folate: 31.33µg (7.83%), Vitamin K: 4.95µg (4.71%), Manganese: 0.07mg (3.29%), Calcium: 31.83mg (3.18%), Vitamin C: 2.02mg (2.45%), Fiber: 0.32g (1.27%)