



Slow Cooker Texas Smoked Beef Brisket



Gluten Free



Dairy Free

READY IN



400 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup barbeque sauce
- ☐ 1.5 pounds brisket
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons ground pepper black
- ☐ 2 tablespoons kosher salt
- ☐ 0.3 teaspoon liquid smoke flavoring

- ☐ 0.5 onion sliced into rings
- ☐ 3 tablespoons paprika smoked
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

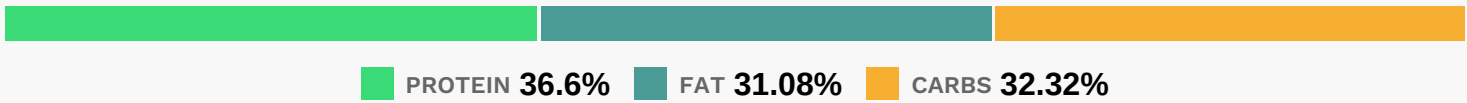
Equipment

- ☐ bowl
- ☐ ziploc bags
- ☐ slow cooker

Directions

- ☐ Mix paprika, pepper, salt, brown sugar, chili powder, and cumin together in a bowl; rub evenly over the surface of the brisket. Put brisket in a large, resealable plastic bag; refrigerate 30 minutes to overnight.
- ☐ Stir barbeque sauce, water, Worcestershire sauce, and liquid smoke together in the bottom of a slow cooker.
- ☐ Lay brisket into the sauce mixture. Arrange onions atop the brisket.
- ☐ Cook on Low until brisket is very tender, 6 to 7 hours. Rest brisket 10 minutes before slicing or shredding; serve with sauce from the slow cooker.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:25.856521886328%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 405.91kcal (20.3%), Fat: 14.06g (21.63%), Saturated Fat: 4.65g (29.04%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 28.83g (10.49%), Sugar: 22.44g (24.93%), Cholesterol: 105.46mg (35.15%), Sodium: 4270.82mg (185.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.25g (74.5%), Vitamin B12: 4.13µg (68.89%), Vitamin A: 3325.35IU (66.51%), Zinc: 7.84mg (52.25%), Vitamin B6: 0.94mg (46.88%), Selenium: 29.64µg (42.34%), Vitamin B3: 7.89mg (39.44%), Phosphorus: 389mg (38.9%), Iron: 5.99mg (33.3%), Manganese: 0.64mg (31.84%), Potassium: 952.03mg (27.2%), Vitamin B2: 0.42mg (24.64%), Vitamin E: 3.32mg (22.12%), Magnesium: 67.81mg (16.95%), Fiber: 4.06g (16.22%), Copper: 0.3mg (14.83%), Vitamin B1: 0.22mg (14.7%), Vitamin K: 14.54µg (13.85%), Vitamin B5: 0.9mg (8.96%), Calcium: 75.57mg (7.56%), Folate: 19.65µg (4.91%), Vitamin C: 1.99mg (2.41%)