



## Smoked Four-Pepper Beef Brisket

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**330 min.**

SERVINGS



**12**

CALORIES



**371 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups hickory wood chunks
- 1 tablespoon pepper black
- 1 tablespoon pepper white
- 1 tablespoon bell pepper red
- 1 tablespoon lemon pepper
- 5 lb brisket fresh (not corned beef)
- 0.5 cup barbecue sauce

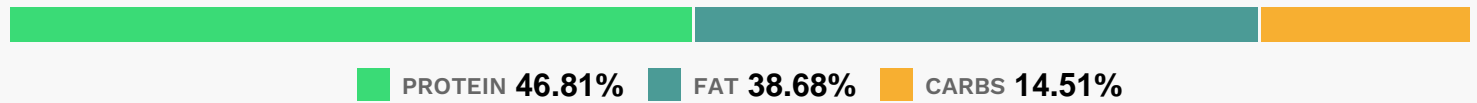
### Equipment

- bowl
- kitchen thermometer

## Directions

- Cover wood chips with water; soak 30 minutes.
- Drain wood chips. Prepare and heat smoker using wood chips. (For charcoal smoker, use 5 pounds charcoal briquettes.)
- In small bowl, mix black pepper, white pepper, red pepper and lemon pepper. Rub pepper mixture into all sides of beef.
- Brush smoker rack with vegetable oil.
- Place beef on rack. Cover and smoke beef about 4 hours.
- Brush beef with barbecue sauce. Smoke about 1 hour longer or until meat thermometer reads 160°F.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:19.710869441862%

## Nutrients (% of daily need)

Calories: 370.72kcal (18.54%), Fat: 15.51g (23.86%), Saturated Fat: 4.92g (30.74%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 12.56g (4.57%), Sugar: 4g (4.44%), Cholesterol: 117.18mg (39.06%), Sodium: 272.31mg (11.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.23g (84.46%), Vitamin B12: 4.59µg (76.54%), Zinc: 8.38mg (55.89%), Selenium: 31.22µg (44.6%), Phosphorus: 428.45mg (42.84%), Vitamin B6: 0.81mg (40.42%), Vitamin B3: 7.85mg (39.27%), Vitamin B2: 0.41mg (24.12%), Iron: 4.08mg (22.66%), Potassium: 666.69mg (19.05%), Magnesium: 63.51mg (15.88%), Manganese: 0.27mg (13.69%), Vitamin B1: 0.19mg (12.89%), Copper: 0.26mg (12.87%), Calcium: 70.67mg (7.07%), Vitamin B5: 0.7mg (6.97%), Vitamin E: 0.72mg (4.82%), Vitamin K: 4.35µg (4.14%), Folate: 14.05µg (3.51%), Vitamin C: 2.37mg (2.87%), Fiber: 0.53g (2.12%), Vitamin A: 56.43IU (1.13%)