



Smoked Four-Pepper Beef Brisket

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

READY IN



330 min.

SERVINGS



12

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

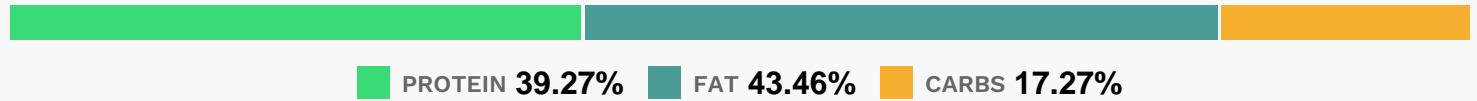
Equipment

- 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 160F.

Nutrition Facts



Properties

Glycemic Index:13.36, Glycemic Load:6.64, Inflammation Score:-3, Nutrition Score:20.266956707706%

Nutrients (% of daily need)

Calories: 420.4kcal (21.02%), Fat: 19.95g (30.69%), Saturated Fat: 6.71g (41.94%), Carbohydrates: 17.84g (5.95%),
 Net Carbohydrates: 15.53g (5.65%), Sugar: 4g (4.44%), Cholesterol: 117.18mg (39.06%), Sodium: 465.52mg
 (20.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.55g (81.09%), Vitamin B12: 4.59µg (76.54%), Zinc:
 8.32mg (55.44%), Selenium: 31.42µg (44.88%), Vitamin B6: 0.88mg (43.97%), Vitamin B3: 8.42mg (42.11%),
 Phosphorus: 415.44mg (41.54%), Iron: 4.41mg (24.5%), Potassium: 836.24mg (23.89%), Vitamin B2: 0.34mg (20.2%),
 Vitamin B1: 0.22mg (14.84%), Manganese: 0.28mg (14.22%), Magnesium: 54.44mg (13.61%), Copper: 0.19mg
 (9.56%), Fiber: 2.3g (9.22%), Vitamin B5: 0.91mg (9.1%), Folate: 22.73µg (5.68%), Vitamin E: 0.72mg (4.82%),
 Vitamin C: 3.67mg (4.45%), Vitamin K: 4.35µg (4.14%), Calcium: 22.96mg (2.3%), Vitamin A: 56.43IU (1.13%)