



Southern Baked Brisket

 Dairy Free  Low Fod Map

READY IN



270 min.

SERVINGS



10

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb beef brisket flat trimmed
- ☐ 12 oz chili sauce
- ☐ 1.3 cups cola drink soft
- ☐ 1.9 oz onion soup mix dry
- ☐ 2 cups catsup

Equipment

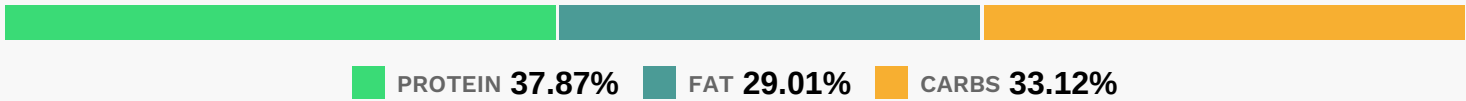
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Stir together first 3 ingredients and both envelopes from soup mix package in a large bowl.
- ☐ Place brisket, fat side up, in an aluminum foil-lined roasting pan.
- ☐ Pour chili sauce mixture over brisket.
- ☐ Bake, tightly covered, at 350 for 4 to 4 1/2 hours or until fork-tender.
- ☐ Remove from oven; let stand 20 minutes.
- ☐ Cut brisket across the grain into thin slices using a sharp knife, and pour pan juices over slices.
- ☐ Note: We tested with Lipton Kosher Recipe Secrets Onion Recipe Soup & Dip
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:6.3, Glycemic Load:1.78, Inflammation Score:-5, Nutrition Score:16.65608695279%

Flavonoids

Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 317.4kcal (15.87%), Fat: 10.2g (15.7%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 24.9g (9.05%), Sugar: 17.65g (19.61%), Cholesterol: 84.37mg (28.12%), Sodium: 1432.48mg (62.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.94%), Vitamin B12: 3.31µg (55.11%), Zinc: 6.07mg (40.45%), Vitamin B6: 0.73mg (36.66%), Vitamin B3: 6.67mg (33.36%), Selenium: 23.33µg (33.32%), Phosphorus: 318mg (31.8%), Potassium: 749.23mg (21.41%), Vitamin B2: 0.35mg (20.56%), Iron: 3.15mg (17.51%), Vitamin B1: 0.19mg (12.47%), Vitamin E: 1.8mg (11.98%), Magnesium: 44.85mg (11.21%), Copper: 0.21mg (10.66%),

Vitamin A: 478.38IU (9.57%), Vitamin C: 7.59mg (9.21%), Vitamin B5: 0.54mg (5.45%), Fiber: 1.32g (5.26%),
Manganese: 0.1mg (5.15%), Vitamin K: 5.05µg (4.81%), Folate: 16.91µg (4.23%), Calcium: 29.1mg (2.91%)