



Spiced Beef Brisket with Smokey BBQ Sauce (Texas)

 Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 3 pound brisket
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 ounce beef broth canned
- ☐ 14.5 ounce canned tomatoes crushed canned
- ☐ 1 stick celery coarsely chopped
- ☐ 2 tablespoons chili powder

- ☐ 2 teaspoons chili powder
- ☐ 2 tablespoons brown sugar dark
- ☐ 1 tablespoon dijon mustard
- ☐ 2 cloves garlic peeled smashed
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons maple syrup
- ☐ 1 medium onion coarsely chopped
- ☐ 1 tablespoon paprika smoked
- ☐ 2 teaspoons paprika smoked

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula

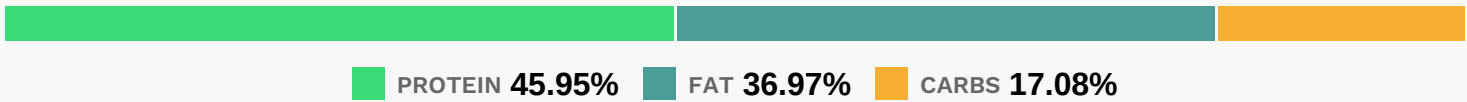
Directions

- ☐ Place an oven rack in the center of the oven. Preheat the oven to 325 degrees F.
- ☐ For the rub: In small bowl, combine the sugar, chili powder, smoked paprika, salt and pepper.
- ☐ Pour the beef broth into a 9- by 13-inch baking dish. Using a paring knife, score the surface of the meat all over. Massage the rub into the meat. Cover the dish tightly with foil and roast until very tender, 3 1/2 to 4 hours, adding water 1/2 cup at a time if the roasting juices start to dry up.
- ☐ For the sauce: In a food processor, combine the garlic, celery, onion, tomato sauce, vinegar, maple syrup, mustard, smoked paprika, chili powder and salt. Blend for 1 to 2 minutes until

smooth, scraping the side of the food processor bowl as needed with a spatula.

- ☐ Transfer the sauce to a medium saucepan. Bring the mixture to a simmer over medium heat. Cook, stirring occasionally, until thick, about 30 minutes.
- ☐ Brush 1/3 cup of the sauce over the surface of the brisket.
- ☐ Slice the brisket into 3/4-inch pieces and arrange on a serving platter.
- ☐ Serve the extra sauce alongside.

Nutrition Facts



Properties

Glycemic Index:49.58, Glycemic Load:3.64, Inflammation Score:-9, Nutrition Score:30.626086960668%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 438.77kcal (21.94%), Fat: 17.89g (27.53%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 14.92g (5.43%), Sugar: 12.25g (13.61%), Cholesterol: 140.61mg (46.87%), Sodium: 1585.07mg (68.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.04g (100.09%), Vitamin B12: 5.56µg (92.65%), Zinc: 10.3mg (68.7%), Vitamin B6: 1.21mg (60.72%), Selenium: 40.05µg (57.22%), Vitamin B3: 10.95mg (54.77%), Phosphorus: 514.42mg (51.44%), Vitamin A: 2071.7IU (41.43%), Iron: 6.5mg (36.14%), Vitamin B2: 0.59mg (34.47%), Potassium: 1171.21mg (33.46%), Manganese: 0.5mg (24.98%), Vitamin E: 3.42mg (22.8%), Vitamin B1: 0.32mg (21%), Magnesium: 81.8mg (20.45%), Copper: 0.37mg (18.64%), Fiber: 3.69g (14.76%), Vitamin K: 13.93µg (13.27%), Vitamin B5: 1.13mg (11.34%), Vitamin C: 8.23mg (9.97%), Folate: 34.14µg (8.54%), Calcium: 76.49mg (7.65%)