



Spicy Apricot Brisket



Gluten Free



Dairy Free

READY IN



230 min.

SERVINGS



8

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounce apricot preserves
- ☐ 5.5 pound brisket trimmed
- ☐ 24 ounce chili sauce
- ☐ 2 teaspoons garlic salt
- ☐ 0.3 teaspoon pepper
- ☐ 20 ounce sauerkraut shredded drained canned

Equipment

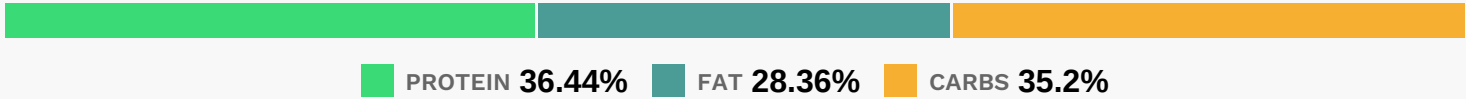
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Place brisket, fat side up, in a roasting pan.
- ☐ Sprinkle evenly with garlic salt and pepper. Stir together sauerkraut, preserves, and chili sauce; pour over beef.
- ☐ Bake, covered, at 350 for 3 1/2 hours or until tender.
- ☐ Remove brisket from pan, reserving sauce mixture in pan; let stand 20 minutes.
- ☐ Cut brisket across the grain into thin slices using a sharp knife.
- ☐ Pour sauce mixture from roasting pan through a wire-mesh strainer into a bowl; reserve, if desired.
- ☐ Serve strained sauce and, if desired, sauerkraut with sliced brisket.
- ☐ To make ahead: Prepare and bake as directed.
- ☐ Remove brisket from pan, reserving sauce mixture in pan; let stand 1 hour.
- ☐ Cut brisket across the grain into thin slices using a sharp knife.
- ☐ Place brisket slices in a 13- x 9-inch baking dish.
- ☐ Pour sauce mixture through a wire-mesh strainer into a bowl, reserving sauerkraut mixture, if desired.
- ☐ Pour strained sauce over brisket slices; cover and chill up to 24 hours. Reheat as directed.
- ☐ Place brisket slices and strained sauce evenly into large zip-top plastic freezer bags; freeze. Thaw in refrigerator overnight.
- ☐ Place brisket and sauce in a 13- x 9-inch baking dish. Reheat as directed.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake, covered, at 325 for 45 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.32, Inflammation Score:-7, Nutrition Score:36.020869337994%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 746.74kcal (37.34%), Fat: 23.48g (36.12%), Saturated Fat: 8.15g (50.92%), Carbohydrates: 65.56g (21.85%), Net Carbohydrates: 61.23g (22.27%), Sugar: 43.33g (48.15%), Cholesterol: 193.34mg (64.45%), Sodium: 2464.22mg (107.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.89g (135.78%), Vitamin B12: 7.58µg (126.3%), Zinc: 13.76mg (91.71%), Vitamin B6: 1.55mg (77.62%), Selenium: 53.93µg (77.04%), Vitamin B3: 13.77mg (68.88%), Phosphorus: 687.43mg (68.74%), Iron: 8.07mg (44.82%), Potassium: 1519.78mg (43.42%), Vitamin C: 30.26mg (36.68%), Vitamin B2: 0.62mg (36.53%), Vitamin B1: 0.4mg (26.89%), Copper: 0.5mg (25.01%), Magnesium: 94.1mg (23.53%), Vitamin E: 2.82mg (18.82%), Fiber: 4.32g (17.3%), Vitamin K: 17.79µg (16.95%), Vitamin A: 736.72IU (14.73%), Folate: 47.21µg (11.8%), Vitamin B5: 1.17mg (11.72%), Manganese: 0.19mg (9.42%), Calcium: 68.68mg (6.87%)