



## Steamed Brisket in Guinness®

 Dairy Free

READY IN



555 min.

SERVINGS



8

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 bay leaves
- ☐ 4 pounds brisket
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon ground pepper black
- ☐ 1 teaspoon onion powder
- ☐ 2 large onions sliced into rings
- ☐ 1 teaspoon oregano dried

- ☐ 2 teaspoons paprika
- ☐ 1 tablespoon salt
- ☐ 3.5 cups irish stout beer guinness® (such as )

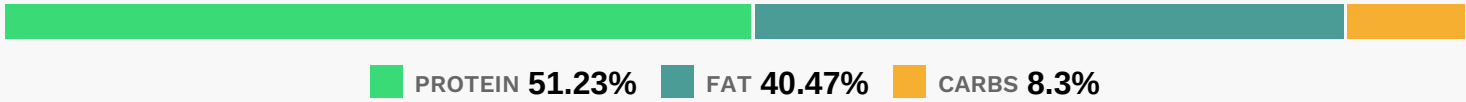
## Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ Mix salt, black pepper, paprika, basil, oregano, garlic powder, and onion powder in a bowl; rub spice mixture over brisket.
- ☐ Arrange onion rings in the bottom of a roasting pan; lay brisket, fat-side up, atop onions. Scatter bay leaves around brisket.
- ☐ Pour beer over brisket. Cover roasting pan with an oven-proof lid or aluminum foil.
- ☐ Cook in the preheated oven for 8 hours. An instant-read thermometer should read an internal temperature of 145 degrees F (65 degrees C).
- ☐ Remove from oven and let rest for 1 hour before slicing.

## Nutrition Facts



## Properties

Glycemic Index:10.5, Glycemic Load:0.9, Inflammation Score:-7, Nutrition Score:23.042608344037%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg,

Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 408.37kcal (20.42%), Fat: 16.86g (25.95%), Saturated Fat: 5.92g (37%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 6.55g (2.38%), Sugar: 1.68g (1.87%), Cholesterol: 140.61mg (46.87%), Sodium: 1053.78mg (45.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.03g (96.05%), Vitamin B12: 5.51µg (91.85%), Zinc: 9.91mg (66.06%), Selenium: 37.59µg (53.71%), Vitamin B6: 1.02mg (51.16%), Phosphorus: 472.59mg (47.26%), Vitamin B3: 9.06mg (45.3%), Iron: 4.87mg (27.03%), Potassium: 838.23mg (23.95%), Vitamin B2: 0.41mg (23.93%), Vitamin B1: 0.25mg (16.65%), Magnesium: 60.27mg (15.07%), Manganese: 0.22mg (10.98%), Copper: 0.22mg (10.9%), Vitamin B5: 0.87mg (8.71%), Vitamin K: 8.44µg (8.03%), Vitamin E: 0.95mg (6.33%), Folate: 24.73µg (6.18%), Vitamin A: 257.85IU (5.16%), Fiber: 1.23g (4.93%), Vitamin C: 2.86mg (3.47%), Calcium: 33.23mg (3.32%)