



Sweet and Sour Braised Brisket

 **Gluten Free**  **Dairy Free**

READY IN

ready

30 min.

SERVINGS

servings

10

CALORIES

calories

621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 6 pound brisket
- ☐ 0.5 pound carrots peeled cut into 2-inch pieces
- ☐ 3 stalks celery cut into big chunks
- ☐ 1 cup chicken stock see
- ☐ 1 Cloves from 1 head garlic peeled smashed
- ☐ 0.3 cup brown sugar light
- ☐ 3 medium onions peeled cut into eights

- ☐ 10 servings salt
- ☐ 26 ounce strained tomatoes (recommended: Pomi)
- ☐ 10 servings vegetable oil

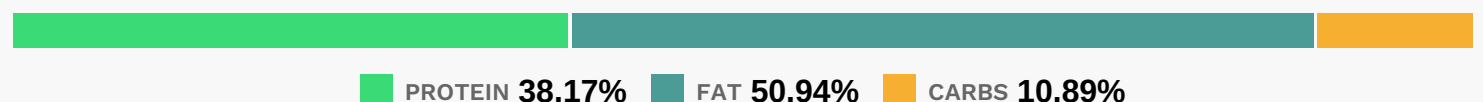
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 200 degrees F.
- ☐ Rub brisket generously with salt and vegetable oil.
- ☐ Heat a large saute pan over medium-high heat.
- ☐ Add vegetable oil to evenly coat pan and when the oil is hot and is just beginning to smoke, add the brisket and brown on both sides.
- ☐ Transfer the brisket to a shallow baking dish.
- ☐ Add the vegetables to the saute pan. Cook until they brown and start to soften, about 5 minutes. Then pour the vegetables over the brisket.
- ☐ Whisk together the tomatoes, sugar, stock and vinegar in a mixing bowl then pour it into the same saute pan. Cook for a few minutes to get all the flavor out of the skillet, and then pour over the brisket. It should be at least 3/4 of the way submersed in the liquid. Cover the dish loosely with aluminum foil and bake for 8 to 10 hours until tender and the meat begins to fall apart. Slice thinly and serve with veggies and cooking liquid.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:2.25, Inflammation Score:-10, Nutrition Score:34.693478605022%

Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 620.63kcal (31.03%), Fat: 34.6g (53.23%), Saturated Fat: 9.31g (58.18%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 14.37g (5.22%), Sugar: 12.08g (13.42%), Cholesterol: 169.46mg (56.49%), Sodium: 475.62mg (20.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.33g (116.66%), Vitamin B12: 6.61µg (110.22%), Vitamin A: 4458.14IU (89.16%), Zinc: 12.02mg (80.15%), Vitamin B6: 1.3mg (65.16%), Selenium: 45.53µg (65.04%), Phosphorus: 592.58mg (59.26%), Vitamin B3: 11.85mg (59.25%), Vitamin K: 41.8µg (39.81%), Potassium: 1263.14mg (36.09%), Iron: 5.7mg (31.69%), Vitamin B2: 0.53mg (30.96%), Vitamin B1: 0.34mg (22.74%), Magnesium: 79.9mg (19.97%), Vitamin C: 14.39mg (17.44%), Vitamin E: 2.61mg (17.4%), Copper: 0.31mg (15.31%), Vitamin B5: 1.16mg (11.62%), Folate: 46.29µg (11.57%), Manganese: 0.23mg (11.36%), Fiber: 2.28g (9.12%), Calcium: 48.53mg (4.85%)