



Sweet and Sour Brisket

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

READY IN

ready

155 min.

SERVINGS

servings

6

CALORIES

calories

549 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 1 bay leaf
- ☐ 3 pound brisket thin cut
- ☐ 0.5 cup beef broth
- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup bottled chili sauce
- ☐ 0.5 cup cooking wine dry red
- ☐ 4 cloves garlic minced

- ☐ 2 large onions sliced
- ☐ 0.3 teaspoon freshly cracked pepper black to taste
- ☐ 2 tablespoons vegetable oil

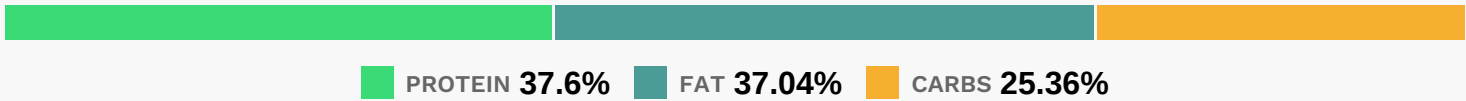
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat vegetable oil in a large Dutch oven or heavy roasting pan over medium-high heat; pat brisket dry with paper towels. Rub meat with garlic and cracked black pepper and place into the hot oil. Brown brisket on both sides, 3 to 4 minutes per side.
- ☐ Remove brisket and set aside.
- ☐ Reduce heat to medium and cook and stir onions until very browned, about 10 minutes; stir beef broth and red wine into the Dutch oven. Scrape up any brown bits and bring the mixture to a simmer.
- ☐ Stir chili sauce, brown sugar, cider vinegar, and bay leaf into the red wine mixture; place brisket in the sauce. Spoon sauce over the meat and cover the Dutch oven.
- ☐ Bake in the preheated oven until the brisket is tender, 2 to 3 hours.
- ☐ Let brisket cool in pan.
- ☐ Remove brisket, slice the meat, and return the slices to the pan.
- ☐ Return to oven and bake until the sauce is bubbling, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.3, Inflammation Score:-6, Nutrition Score:25.679564994314%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg

Nutrients (% of daily need)

Calories: 548.56kcal (27.43%), Fat: 21.49g (33.07%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 33.1g (11.04%), Net Carbohydrates: 31.1g (11.31%), Sugar: 26.06g (28.95%), Cholesterol: 140.61mg (46.87%), Sodium: 871.76mg (37.9%), Alcohol: 2.1g (100%), Alcohol %: 0.65% (100%), Protein: 49.08g (98.16%), Vitamin B12: 5.53µg (92.09%), Zinc: 9.97mg (66.47%), Vitamin B6: 1.12mg (56.01%), Selenium: 38.61µg (55.16%), Phosphorus: 502.16mg (50.22%), Vitamin B3: 9.91mg (49.57%), Potassium: 1048.72mg (29.96%), Iron: 5.08mg (28.21%), Vitamin B2: 0.44mg (25.74%), Vitamin B1: 0.3mg (19.68%), Magnesium: 66.33mg (16.58%), Vitamin C: 11.61mg (14.07%), Copper: 0.28mg (13.87%), Vitamin K: 14.02µg (13.35%), Vitamin E: 1.98mg (13.22%), Manganese: 0.2mg (10.25%), Vitamin B5: 0.9mg (8.97%), Fiber: 2.01g (8.04%), Folate: 30.16µg (7.54%), Vitamin A: 312.07IU (6.24%), Calcium: 53.88mg (5.39%)