



 **11%**
HEALTH SCORE

Sweet and Sour Brisket

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

READY IN



210 min.

SERVINGS



10

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 poached berries
- 0.5 teaspoon pepper black freshly ground
- 5 peppercorns black
- 3 tablespoons t brown sugar dark packed
- 15 oz tomato sauce no salt added canned
- 2 tablespoons canola oil
- 0.3 cup apple cider vinegar
- 3 pound brisket trimmed

- 1 tablespoon garlic clove chopped
- 0.3 cup chicken broth low-sodium
- 1 medium onion thinly sliced into 1/2 moons cut in 1/2, then
- 0.3 cup raisins
- 1 teaspoon salt

Equipment

- oven
- pot
- dutch oven
- cutting board

Directions

- Preheat the oven to 300 degrees F.
- Pat the brisket dry and sprinkle with the salt and pepper.
- Heat 1 tablespoon of the oil over medium-high heat in a Dutch oven or braising pot. Sear the brisket until it is browned, 4 to 5 minutes per side.
- Transfer the brisket to a plate.
- Add the remaining 1 tablespoon oil to the pot and cook the onion, stirring a few times, until softened, 3 to 5 minutes.
- Add the garlic and cook, stirring, for 1 minute.
- Add the tomato sauce, broth, brown sugar, 1/3 cup of the vinegar, the raisins, peppercorns, and allspice and stir to combine well. Bring mixture to a boil, return brisket and any accumulated juices to the pot, spoon some of the tomato-vinegar mixture over the brisket, cover tightly, and transfer to the oven. Cook until the brisket is fork tender, 2 1/2 to 3 hours.
- Remove the brisket from the oven, transfer the meat to a cutting board, and let rest for 10 to 20 minutes or, if serving later, cover and refrigerate the meat and sauce for several hours or overnight. When you are ready to serve, cut the meat against the grain into 1/4- inch thick slices. Stir the remaining 1 tablespoon vinegar into the warm sauce. Return the sliced brisket to the sauce until heated through, then serve.

Nutrition Facts

PROTEIN 41.86% FAT 42.15% CARBS 15.99%

Properties

Glycemic Index:26.48, Glycemic Load:3.12, Inflammation Score:-3, Nutrition Score:15.286956434665%

Flavonoids

Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 282.5kcal (14.13%), Fat: 13.04g (20.06%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 9.92g (3.61%), Sugar: 5.53g (6.14%), Cholesterol: 84.37mg (28.12%), Sodium: 546.75mg (23.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.14g (58.28%), Vitamin B12: 3.31µg (55.21%), Zinc: 6.01mg (40.05%), Selenium: 22.83µg (32.61%), Vitamin B6: 0.65mg (32.4%), Vitamin B3: 5.94mg (29.71%), Phosphorus: 295.84mg (29.58%), Potassium: 652.27mg (18.64%), Iron: 3.25mg (18.07%), Vitamin B2: 0.27mg (16.1%), Vitamin B1: 0.16mg (10.57%), Magnesium: 41.48mg (10.37%), Vitamin E: 1.54mg (10.28%), Copper: 0.19mg (9.33%), Manganese: 0.15mg (7.35%), Vitamin B5: 0.64mg (6.35%), Vitamin C: 4.3mg (5.22%), Vitamin K: 5.28µg (5.02%), Fiber: 1.21g (4.84%), Folate: 15.68µg (3.92%), Vitamin A: 185.29IU (3.71%), Calcium: 22.69mg (2.27%)