



Texas Brisket

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

READY IN



385 min.

SERVINGS



12

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pound brisket with a layer of fat 1/4- inch thick trimmed
- 0.3 cup pepper black
- 1.5 teaspoons brown sugar
- 1 teaspoon cayenne pepper
- 3 tablespoons chili powder
- 0.3 cup garlic powder
- 1.5 teaspoons onion powder
- 1 teaspoon oregano dried

1 cup salt

Equipment

bowl

frying pan

paper towels

grill

kitchen thermometer

aluminum foil

cutting board

Directions

Special equipment: 6 cups hickory wood chips, soaked in water for 30 minutes

Rinse brisket thoroughly under cold water and pat dry with paper towels. In a small bowl, mix together House Seasoning, chili powder, brown sugar, onion powder, oregano and cayenne. Rub brisket with the rub on all sides.

Follow directions on your grill/smoker for indirect grilling.

Place the soaked chips into the chip box, or make a pouch with tin foil for the chips, then place pouch directly on the coals.

Place brisket fat side up in a large disposable aluminum pan and place in the center of the grate and cover the grill.

Slow grill the brisket until tender and an instant-read thermometer inserted in the center of the meat reads about 190 degrees F, about 6 hours.

Add coals and wood chips as necessary to maintain a constant temperature.

Transfer the brisket to a cutting board to rest for about 10 minutes. Slice the brisket across the grain and serve.

Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



PROTEIN 49.8% **FAT 39.67%** **CARBS 10.53%**

Properties

Glycemic Index:6.17, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:22.883043799711%

Nutrients (% of daily need)

Calories: 331kcal (16.55%), Fat: 14.45g (22.23%), Saturated Fat: 5.03g (31.46%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 6.09g (2.21%), Sugar: 0.82g (0.91%), Cholesterol: 117.18mg (39.06%), Sodium: 9617.58mg (418.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.82g (81.64%), Vitamin B12: 4.59µg (76.54%), Zinc: 8.48mg (56.54%), Selenium: 32.91µg (47.02%), Vitamin B6: 0.94mg (46.97%), Phosphorus: 415.64mg (41.56%), Vitamin B3: 7.8mg (38.99%), Manganese: 0.78mg (38.84%), Iron: 4.9mg (27.22%), Potassium: 797.53mg (22.79%), Vitamin B2: 0.36mg (21.09%), Magnesium: 59.95mg (14.99%), Vitamin B1: 0.22mg (14.85%), Vitamin A: 692.15IU (13.84%), Copper: 0.27mg (13.69%), Vitamin K: 13.84µg (13.18%), Vitamin E: 1.53mg (10.22%), Fiber: 2.54g (10.16%), Vitamin B5: 0.79mg (7.89%), Calcium: 51.9mg (5.19%), Folate: 17.68µg (4.42%)