



HEALTH SCORE

78%

Texas Brisket



Gluten Free



Dairy Free



Very Healthy

READY IN



590 min.

SERVINGS



6

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 pounds brisket



0.3 cup pepper black



1 tablespoon cayenne pepper



2 tablespoons chipotle chili powder



0.3 cup brown sugar dark



2 tablespoons garlic powder



2 tablespoons onion powder



0.8 cup paprika

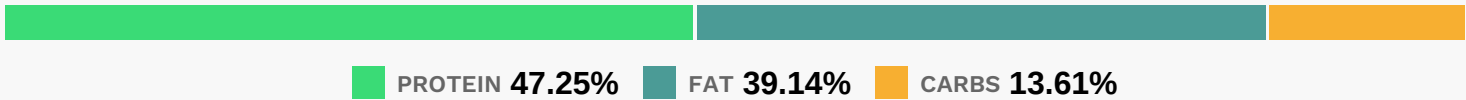
- ☐ 0.3 cup salt
- ☐ 1 tablespoon mustard yellow

Equipment

Directions

- ☐ Trim the fat cap on the brisket to about 1/4 to 1/8 of an inch. Coat the brisket with a light coating of the yellow mustard.
- ☐ Mix the sugar and spices together to form the rub for the brisket. Apply the rub to both sides of the meat.
- ☐ Place the brisket in a preheated 194 to 205 degree F smoker until the meat reaches an internal temperature of 185 to 195 degrees F, about 1 1/2 hours per pound. Once the internal temperature is reached, remove the brisket from the smoker and allow it to rest for at least 30 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:54.242173625075%

Nutrients (% of daily need)

Calories: 829.19kcal (41.46%), Fat: 36.14g (55.61%), Saturated Fat: 12.28g (76.78%), Carbohydrates: 28.3g (9.43%), Net Carbohydrates: 19.24g (7%), Sugar: 10.88g (12.09%), Cholesterol: 281.23mg (93.74%), Sodium: 5162.4mg (224.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 98.18g (196.36%), Vitamin B12: 11.02µg (183.7%), Vitamin A: 7842.4IU (156.85%), Zinc: 20.59mg (137.28%), Vitamin B6: 2.37mg (118.27%), Selenium: 78.28µg (111.83%), Phosphorus: 1001.75mg (100.17%), Vitamin B3: 19.78mg (98.88%), Manganese: 1.68mg (84.11%), Iron: 13.43mg (74.63%), Potassium: 2076.16mg (59.32%), Vitamin B2: 0.99mg (58.52%), Vitamin E: 6.78mg (45.21%), Magnesium: 157.29mg (39.32%), Vitamin B1: 0.55mg (36.35%), Fiber: 9.06g (36.25%), Vitamin K: 36.51µg (34.77%), Copper: 0.66mg (32.89%), Vitamin B5: 2.14mg (21.45%), Calcium: 130.47mg (13.05%), Folate: 44.69µg (11.17%), Vitamin C: 1.36mg (1.65%)