



Texas Brisket

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



435 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound brisket
- 0.3 cup catsup
- 3.5 fluid ounces liquid smoke flavoring
- 10 fluid ounce steak sauce

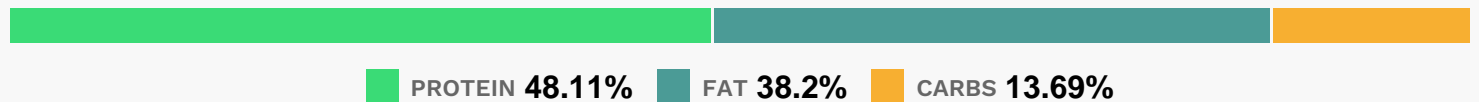
Equipment

- oven
- roasting pan
- aluminum foil

Directions

- Line a shallow roasting pan with aluminum foil.
- Place the brisket on the foil. Stir together the steak sauce, liquid smoke, and ketchup.
- Pour half of the mixture over the brisket, then turn the meat over, and pour sauce over the other side. Wrap tightly in a double layer of aluminum foil. Refrigerate for at least 24 hours.
- Preheat the oven to 250 degrees F (120 degrees C).
- Let the roast stand at room temperature while the oven preheats to take off some of the chill.
- Bake for 6 or 7 hours in the preheated oven. You can leave it in even longer if you turn the oven down to 200 degrees F (95 degrees C).
- Remove brisket from the oven, and slice across the grain. Return to the roasting pan, and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:23.090869447459%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 408.45kcal (20.42%), Fat: 16.84g (25.9%), Saturated Fat: 5.88g (36.72%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 12.81g (4.66%), Sugar: 6.97g (7.74%), Cholesterol: 140.61mg (46.87%), Sodium: 1121.34mg (48.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.71g (95.42%), Vitamin B12: 5.51µg (91.85%), Zinc: 9.96mg (66.4%), Selenium: 37.66µg (53.8%), Vitamin B6: 1.02mg (51%), Vitamin B3: 9.53mg (47.64%), Phosphorus: 474.72mg (47.47%), Iron: 5.06mg (28.14%), Potassium: 930.29mg (26.58%), Vitamin B2: 0.43mg (25.22%), Vitamin B1: 0.24mg (16.31%), Magnesium: 61.84mg (15.46%), Copper: 0.28mg (14.15%), Vitamin E: 1.44mg (9.62%), Vitamin B5: 0.8mg (7.98%), Manganese: 0.13mg (6.37%), Folate: 20.72µg (5.18%), Vitamin C: 3.76mg (4.56%), Vitamin K: 4.33µg (4.13%), Vitamin A: 196.69IU (3.93%), Fiber: 0.77g (3.08%), Calcium: 22.2mg (2.22%)