



Texas-Style Barbecued Beef Brisket



Gluten Free



Dairy Free

READY IN



460 min.

SERVINGS



6

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon beef soup base jarred
- ☐ 2 lb beef brisket flat trimmed
- ☐ 0.3 cup beer
- ☐ 1 tablespoon chili powder
- ☐ 3 tablespoons bottled chili sauce
- ☐ 3 garlic cloves chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 teaspoons hickory liquid smoke

- ☐ 0.5 teaspoon pepper
- ☐ 1 large onion sweet sliced
- ☐ 1 tablespoon worcestershire sauce

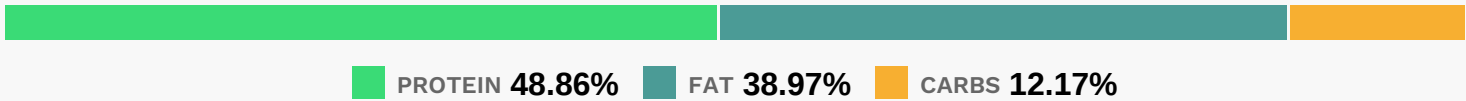
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Lightly grease a 6-qt. slow cooker; add onion and garlic. Stir together chili powder and next 5 ingredients. Rub over brisket; place brisket over onion mixture in slow cooker.
- ☐ Whisk together beer and chili sauce. Slowly pour mixture around brisket (to avoid removing spices from brisket).
- ☐ Cover and cook on LOW 7 to 8 hours (or on HIGH 4 to 5 hours) or until fork-tender. Uncover and let stand in slow cooker 20 minutes.
- ☐ Remove brisket from slow cooker; cut brisket across the grain into thin slices. Return brisket to slow cooker, and spoon pan juices over meat.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:17.121738993603%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 274.4kcal (13.72%), Fat: 11.52g (17.72%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 6.84g (2.49%), Sugar: 4.29g (4.77%), Cholesterol: 93.78mg (31.26%), Sodium: 487.08mg (21.18%), Alcohol: 0.38g (100%), Alcohol %: 0.21% (100%), Protein: 32.5g (65%), Vitamin B12: 3.68µg (61.41%), Zinc: 6.7mg (44.67%), Vitamin B6: 0.77mg (38.67%), Selenium: 25.97µg (37.1%), Phosphorus: 335.88mg (33.59%), Vitamin B3: 6.43mg (32.15%), Iron: 3.77mg (20.95%), Potassium: 661.22mg (18.89%), Vitamin B2: 0.3mg (17.47%), Vitamin B1: 0.19mg (12.89%), Magnesium: 45.88mg (11.47%), Copper: 0.19mg (9.53%), Vitamin A: 454.41IU (9.09%), Vitamin E: 1.16mg (7.76%), Manganese: 0.15mg (7.36%), Folate: 25.51µg (6.38%), Vitamin B5: 0.61mg (6.13%), Vitamin C: 4.72mg (5.72%), Fiber: 1.25g (5%), Vitamin K: 4.28µg (4.07%), Calcium: 34.97mg (3.5%)