 **58%**  
HEALTH SCORE

## Very Best Brisket

 Dairy Free

READY IN



165 min.

SERVINGS



14

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 16 ounce baby carrots
- 7 pounds brisket
- 1 cup beef broth
- 1 packet onion soup mix dry
- 10 fluid ounces ginger ale
- 1 cup catsup
- 1 pound new potatoes
- 4 onions sliced

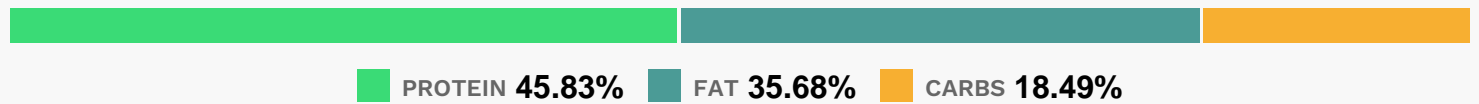
# Equipment

- bowl
- dutch oven

# Directions

- Layer the onions, potatoes, and carrots into the bottom of a large Dutch oven.
- Place the brisket on top of the vegetables.
- Mix the beef broth, onion soup mix, ketchup, and ginger ale in a bowl, and pour it over the brisket and vegetables. Bring to a boil over high heat, cover, and reduce heat to a simmer.
- Simmer the brisket until tender, about 2 1/2 hours.

# Nutrition Facts



# Properties

Glycemic Index:12.41, Glycemic Load:5.96, Inflammation Score:-10, Nutrition Score:29.191739227461%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg

# Nutrients (% of daily need)

Calories: 434.46kcal (21.72%), Fat: 16.88g (25.97%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 17.25g (6.27%), Sugar: 8.79g (9.77%), Cholesterol: 140.61mg (46.87%), Sodium: 657.83mg (28.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.79g (97.57%), Vitamin B12: 5.52µg (92.05%), Vitamin A: 4557.53IU (91.15%), Zinc: 10.05mg (66.99%), Vitamin B6: 1.17mg (58.26%), Selenium: 38.14µg (54.49%), Phosphorus: 505.23mg (50.52%), Vitamin B3: 9.91mg (49.57%), Potassium: 1085.74mg (31.02%), Iron: 5.12mg (28.47%), Vitamin B2: 0.46mg (26.82%), Vitamin B1: 0.29mg (19.14%), Magnesium: 70.49mg (17.62%), Copper: 0.29mg (14.48%), Vitamin C: 10.35mg (12.55%), Vitamin B5: 1.09mg (10.94%), Manganese: 0.21mg (10.56%), Fiber: 2.43g (9.71%), Folate: 37.66µg (9.42%), Vitamin K: 7.29µg (6.94%), Vitamin E: 0.99mg (6.6%), Calcium: 41.14mg (4.11%)