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Beef Brisket

Beef brisket is a popular cut of meat that is known for its rich flavor and tender texture. It is often slow-cooked or smoked to perfection, resulting in a melt-in-your-mouth dish. This recipe will guide you through the process of preparing and cooking a delicious beef brisket.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 240 mins

Total Time: 255 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

| | |
|--------|---------------|
| 2000 g | Beef Brisket |
| 2 tsp | salt |
| 2 tsp | black pepper |
| 2 tsp | garlic powder |
| 2 tsp | onion powder |

| | |
|-------|----------------|
| 2 tsp | paprika |
| 1 tsp | cayenne pepper |
| 1 c | brown sugar |
| 2 c | beef broth |
| 2 tsp | liquid smoke |

Directions

Step 1

Oven

Preheat the oven to 300°F (150°C).

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, combine salt, black pepper, garlic powder, onion powder, paprika, and cayenne pepper to make the dry rub.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Rubbing

Rub the dry rub all over the beef brisket, making sure to coat it evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Pouring

Place the seasoned beef brisket in a roasting pan and pour beef broth and liquid smoke over it.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Oven

Cover the roasting pan with aluminum foil and place it in the preheated oven.

Prep Time: 5 mins

Cook Time: 127 mins

Step 6

Oven

Cook the beef brisket for 4 hours, or until it reaches an internal temperature of 190°F (88°C).

Prep Time: 0 mins

Cook Time: 127 mins

Step 7

Resting

Remove the beef brisket from the oven and let it rest for 15 minutes before slicing.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Cutting

Slice the beef brisket against the grain and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 285 kcal

Fat: 16 g

Protein: 32 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 32 g | 188.24% | 188.24% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 1 g | 1.82% | 2% |
| Fibers | 0 g | 0% | 0% |
| Sugars | 1 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 4 g | N/A | N/A |
| Saturated Fat | 5 g | 22.73% | 29.41% |
| Fat | 16 g | 57.14% | 64% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Cholesterol | 95 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 2 iu | 0.22% | 0.29% |
| Vitamin C | 0 mg | 0% | 0% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 60 mcg | 2500% | 2500% |
| Vitamin E | 0 mg | 0% | 0% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 620 mg | 26.96% | 26.96% |
| Calcium | 2 mg | 0.2% | 0.2% |
| Iron | 20 mg | 250% | 111.11% |
| Potassium | 560 mg | 16.47% | 21.54% |
| Zinc | 40 mg | 363.64% | 500% |
| Selenium | 60 mcg | 109.09% | 109.09% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Supper

Dinner

Events

Barbecue

Course

Breads

Salads

Main Dishes

Side Dishes

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Difficulty Level

Medium

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