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Easy Brisket

This easy brisket recipe is a classic dish that is perfect for any occasion. It is slow-cooked to perfection, resulting in tender and flavorful meat. Whether you're hosting a dinner party or just want a comforting meal, this recipe is sure to impress.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 240 mins

Total Time: 255 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

2000 g	Brisket
2 tsp	salt
1 tsp	black pepper
1 tsp	paprika
1 tsp	garlic powder

1 tsp	onion powder
2 c	beef broth
2 tbsp	worcestershire sauce
2 tsp	liquid smoke

Directions

Step 1

Preheating

Preheat the oven to 300°F (150°C).

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the salt, black pepper, paprika, garlic powder, and onion powder to create a spice rub.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Rubbing

Rub the spice mixture all over the brisket, ensuring it is evenly coated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Pouring

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Oven

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

Prep Time: 0 mins

Cook Time: 127 mins

Step 6

Roasting

Roast the brisket for 4 hours, or until it is tender and easily pulls apart with a fork.

Prep Time: 0 mins

Cook Time: 127 mins

Step 7

Resting

Remove the foil and let the brisket rest for 10 minutes before slicing.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Slice the brisket against the grain and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	100 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	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	20 mg	181.82%	250%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Oven

Microwave

Nutritional Content

Low Calorie

High Fiber

Low Sodium

High Vitamin C

High Iron

High Calcium

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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