



20-minute beef in red wine



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 200 g rump steak
- ☐ 1 small onion sliced
- ☐ 1 garlic clove finely sliced
- ☐ 1 pinch oregano dried
- ☐ 1 glass red wine
- ☐ 200 g canned tomatoes chopped canned

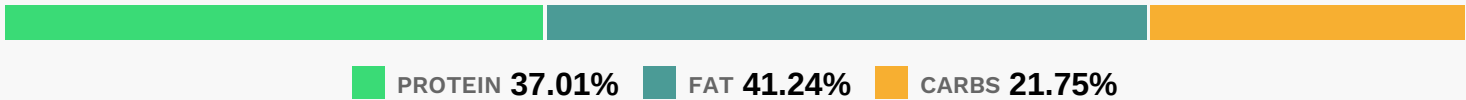
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a pan. Fry steak for 2 mins on each side until brown.
- ☐ Remove steak to a plate, then throw the onion, garlic and oregano into the pan. Fry for 5 mins until starting to turn golden.
- ☐ Tip the wine and tomatoes into the pan, then simmer for 10 mins until thickened and rich. Slice the steak into chunks, return to the pan with any juices, then simmer for a few mins to reheat.
- ☐ Serve with pasta, chips or some fried potatoes.

Nutrition Facts



Properties

Glycemic Index:115, Glycemic Load:6.74, Inflammation Score:-9, Nutrition Score:35.583913227786%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 4.74mg, Delphinidin: 4.74mg, Delphinidin: 4.74mg, Delphinidin: 4.74mg Malvidin: 32.66mg, Malvidin: 32.66mg, Malvidin: 32.66mg, Malvidin: 32.66mg Peonidin: 2.95mg, Peonidin: 2.95mg, Peonidin: 2.95mg, Peonidin: 2.95mg Catechin: 16.85mg, Catechin: 16.85mg, Catechin: 16.85mg, Catechin: 16.85mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 4.18mg, Naringenin: 4.18mg, Naringenin: 4.18mg, Naringenin: 4.18mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 16.72mg, Quercetin: 16.72mg, Quercetin: 16.72mg, Quercetin: 16.72mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 691.09kcal (34.55%), Fat: 23.89g (36.75%), Saturated Fat: 5.46g (34.15%), Carbohydrates: 28.34g (9.45%), Net Carbohydrates: 23.24g (8.45%), Sugar: 13.27g (14.74%), Cholesterol: 122mg (40.67%), Sodium: 391.05mg (17%), Alcohol: 25.02g (100%), Alcohol %: 4.38% (100%), Protein: 48.24g (96.47%), Vitamin B3: 17.92mg

(89.6%), Vitamin B6: 1.76mg (87.94%), Selenium: 53.45µg (76.36%), Zinc: 9.31mg (62.05%), Phosphorus: 553.32mg (55.33%), Potassium: 1685.35mg (48.15%), Manganese: 0.85mg (42.55%), Iron: 7.26mg (40.33%), Vitamin B12: 2.38µg (39.67%), Vitamin E: 5.21mg (34.74%), Magnesium: 122.34mg (30.58%), Vitamin C: 24.52mg (29.72%), Copper: 0.57mg (28.74%), Vitamin B2: 0.41mg (24.35%), Vitamin K: 23.52µg (22.4%), Vitamin B1: 0.32mg (21.48%), Fiber: 5.1g (20.38%), Vitamin B5: 2.04mg (20.36%), Folate: 67.99µg (17%), Calcium: 166.15mg (16.61%), Vitamin A: 438.09IU (8.76%), Vitamin D: 0.2µg (1.33%)