



 **35%**
HEALTH SCORE

Baekeoffe (Alsatian Meat Stew)

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 1 pound beef shoulder roast boneless trimmed cut into 2-inch cubes
- 0.5 teaspoon pepper black
- 1.5 cups carrots sliced (1-inch)
- 2 garlic clove halved
- 1 cup leek thinly sliced (1 large)
- 4 cups onion thinly sliced
- 10 parsley

- 1 pound potatoes – remove skin red quartered
- 1.5 cups wine
- 1.5 teaspoons sea salt divided
- 12 thyme sprigs
- 0.8 pound pork steaks trimmed cut into 2-inch pieces

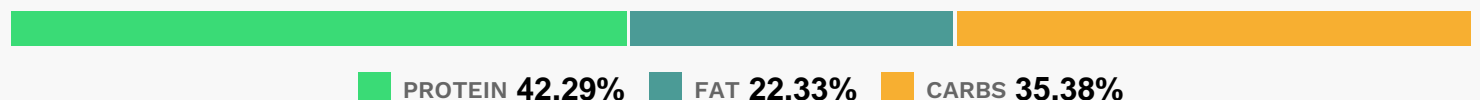
Equipment

- bowl
- oven
- cheesecloth

Directions

- Combine the first 5 ingredients in a large nonreactive bowl.
- Place the thyme, parsley, cloves, bay leaves, and garlic on a double layer of cheesecloth to form a bouquet garni. Gather edges of cheesecloth together; tie securely.
- Add bouquet garni, wine, 1/2 teaspoon salt, and pepper to bowl. Toss well to coat. Refrigerate 8 to 24 hours, stirring occasionally.
- Preheat oven to 37
- Place one-third of the potatoes in a 3-quart casserole coated with cooking spray. Top with half of the meat mixture, and sprinkle with 1/4 teaspoon salt. Repeat the layers with one-third of the potatoes, 1/4 teaspoon salt, and the remaining meat mixture. Top with the remaining potatoes, and sprinkle with 1/2 teaspoon salt.
- Pour any remaining marinade (including the bouquet garni) over meat mixture. Cover and bake at 375 for 2 1/2 hours.
- Remove the bouquet garni, and discard.
- Wine Note: A dish like this proves that red meats should not be the exclusive territory of red wines. Try a dry and powerful Alsatian Reisling from Domaine Trimbach (\$15).

Nutrition Facts



Properties

Glycemic Index:43.31, Glycemic Load:4.26, Inflammation Score:-10, Nutrition Score:31.91999993117%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 3.65mg, Apigenin: 3.65mg, Apigenin: 3.65mg, Apigenin: 3.65mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 22.27mg, Quercetin: 22.27mg, Quercetin: 22.27mg, Quercetin: 22.27mg

Nutrients (% of daily need)

Calories: 381.05kcal (19.05%), Fat: 8.36g (12.86%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 25.11g (9.13%), Sugar: 8.19g (9.1%), Cholesterol: 95.25mg (31.75%), Sodium: 716.88mg (31.17%), Alcohol: 6.18g (100%), Alcohol %: 1.83% (100%), Protein: 35.61g (71.21%), Vitamin A: 5843.15IU (116.86%), Selenium: 41.94µg (59.92%), Vitamin B6: 1.2mg (59.88%), Zinc: 8.64mg (57.63%), Vitamin B12: 3.01µg (50.18%), Phosphorus: 411.95mg (41.19%), Vitamin B3: 8.23mg (41.15%), Vitamin K: 42.89µg (40.85%), Vitamin B1: 0.52mg (34.98%), Potassium: 1172.87mg (33.51%), Vitamin C: 23.82mg (28.87%), Vitamin B2: 0.48mg (28.2%), Iron: 4.77mg (26.49%), Manganese: 0.53mg (26.47%), Magnesium: 78.06mg (19.52%), Vitamin B5: 1.95mg (19.48%), Fiber: 4.67g (18.69%), Copper: 0.34mg (16.78%), Folate: 58.92µg (14.73%), Calcium: 87.54mg (8.75%), Vitamin E: 0.62mg (4.12%), Vitamin D: 0.42µg (2.77%)