



Bavarian-Style Beef Roast and Sauerkraut

 Dairy Free

READY IN



525 min.

SERVINGS



10

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth dark flavored progresso®
- ☐ 3 pound sirloin beef tips boneless trimmed of fat
- ☐ 2 teaspoons caraway seeds
- ☐ 0.3 cup flour all-purpose gold medal®
- ☐ 16 ounces onion whole frozen
- ☐ 0.5 teaspoon salt
- ☐ 16 ounces sauerkraut bavarian-style undrained canned
- ☐ 1 tablespoon dijon mustard stone-ground

☐ 1 tablespoon vegetable oil

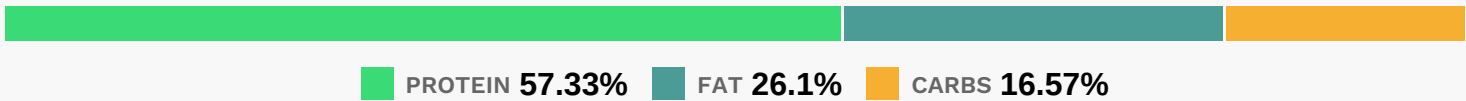
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat oil in 12-inch skillet over medium-high heat. Cook beef in oil about 5 minutes or until brown on all sides.
- ☐ Sprinkle with caraway seed and salt.
- ☐ Place beef in 5- to 6-quart slow cooker.
- ☐ Place onions, sauerkraut and 1/4 cup of the beer around beef.
- ☐ Cover and cook on Low heat setting 6 to 8 hours.
- ☐ Remove beef from cooker; cover to keep warm.
- ☐ Mix flour, remaining 1/4 cup beer and the mustard in small bowl; gradually stir into juices in cooker. Increase heat setting to High. Cover and cook 15 to 30 minutes or until slightly thickened.
- ☐ Serve beef with juices.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:2.87, Inflammation Score:-5, Nutrition Score:17.604347953978%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg

Nutrients (% of daily need)

Calories: 219.26kcal (10.96%), Fat: 6.19g (9.53%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 6.46g (2.35%), Sugar: 2.76g (3.07%), Cholesterol: 74.84mg (24.95%), Sodium: 558.11mg (24.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.61g (61.22%), Selenium: 41.39µg (59.13%), Vitamin B6: 0.97mg (48.65%), Vitamin B3: 9.07mg (45.36%), Zinc: 5.84mg (38.91%), Phosphorus: 307.29mg (30.73%), Vitamin B12: 1.71µg (28.49%), Iron: 3.44mg (19.11%), Potassium: 619.42mg (17.7%), Vitamin B2: 0.23mg (13.4%), Vitamin C: 10.11mg (12.26%), Vitamin B1: 0.18mg (11.95%), Magnesium: 44.41mg (11.1%), Folate: 41.94µg (10.48%), Copper: 0.2mg (10.13%), Vitamin B5: 0.97mg (9.73%), Vitamin K: 10.11µg (9.63%), Fiber: 2.39g (9.55%), Manganese: 0.18mg (8.95%), Calcium: 56.22mg (5.62%), Vitamin E: 0.57mg (3.79%)