



Beef Bourguignon

READY IN



210 min.

SERVINGS



6

CALORIES



895 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 lbs beef (i use tenderloin but hip or shoulder stewing beef works)
- 0.5 cup beef stock
- 2 tablespoons butter
- 2 cups carrots chopped
- 1.5 cups celery chopped fine
- 2 teaspoons thyme sprigs fresh
- 8 garlic clove chopped fine
- 0.3 teaspoon ground allspice

- 0.3 teaspoon ground cloves
- 1 lb mushrooms whole
- 2 cups onion chopped
- 4 ounces pancetta cubed thinly sliced
- 0.5 lb pearl onions white
- 0.5 teaspoon pepper
- 1.5 lbs potatoes
- 2 cups red wine
- 0.5 teaspoon salt
- 0.3 cup unrefined sunflower oil
- 4 teaspoons tomato paste
- 1 cup flour all-purpose
- 0.5 cup water

Equipment

- oven
- dutch oven

Directions

- combine beef wine and 4 cloves garlic and marinate overnight (8 hours).in a dutch oven heat 2 table spoons sunflower oil and stir in pancetta until slightly crisp and remove.add 2 table spoon oil and saute mushroom carrot and celery with clove allspice, 4 cloves garlic and thyme 5 minutes remove and set aside with pancetta.remove beef from wine marinade and set wine marinade aside.
- Combine flour salt and pepper and dredge the beef completely.in dutch oven add 2 tablespoons oil and brown beef (in batches if necessary adding more oil if needed).add vegetables, pancetta to beef and stir for a minute.add wine marinade scraping all the bits from bottom of dutch oven.add tomato paste, water, beef stock, bay leaf and place in pre heated oven 325 for 3 hours.
- Saute pearl onions in butter for 3-5 minutes and in last 1/2 hour add to dutch oven.In a separat pot boil potatos whole, 20 minutes let cool and peel skin, quarter the potato and add

to dutch oven for last 5 minutes.

Nutrition Facts

PROTEIN 17.93% FAT 55.14% CARBS 26.93%

Properties

Glycemic Index:92.6, Glycemic Load:30.91, Inflammation Score:-10, Nutrition Score:39.786956724913%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Apigenin: 0.85mg, Apigenin: 0.85mg, Apigenin: 0.85mg, Apigenin: 0.85mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 4.58mg, Isorhamnetin: 4.58mg, Isorhamnetin: 4.58mg, Isorhamnetin: 4.58mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 20.38mg, Quercetin: 20.38mg, Quercetin: 20.38mg, Quercetin: 20.38mg Gallic acid: 0.06mg, Gallic acid: 0.06mg, Gallic acid: 0.06mg, Gallic acid: 0.06mg

Nutrients (% of daily need)

Calories: 895.36kcal (44.77%), Fat: 51.5g (79.24%), Saturated Fat: 17.6g (109.98%), Carbohydrates: 56.58g (18.86%), Net Carbohydrates: 49.19g (17.89%), Sugar: 9.8g (10.89%), Cholesterol: 129.86mg (43.29%), Sodium: 590.96mg (25.69%), Alcohol: 8.48g (100%), Alcohol %: 1.58% (100%), Protein: 37.68g (75.36%), Vitamin A: 7467.16IU (149.34%), Vitamin B3: 13.44mg (67.18%), Vitamin B6: 1.27mg (63.34%), Selenium: 42.76µg (61.08%), Vitamin B12: 3.37µg (56.14%), Zinc: 7.94mg (52.96%), Phosphorus: 502.03mg (50.2%), Potassium: 1725.52mg (49.3%), Vitamin B2: 0.8mg (47.34%), Vitamin C: 37.21mg (45.1%), Manganese: 0.85mg (42.3%), Iron: 6.38mg (35.47%), Vitamin B1: 0.53mg (35.33%), Vitamin E: 5.13mg (34.18%), Copper: 0.61mg (30.61%), Fiber: 7.4g (29.6%), Folate: 116.6µg (29.15%), Vitamin B5: 2.78mg (27.77%), Magnesium: 98.15mg (24.54%), Vitamin K: 20.41µg (19.43%), Calcium: 115.61mg (11.56%), Vitamin D: 0.38µg (2.52%)