

Beef Bourguignon II

READY IN



200 min.

SERVINGS



24

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 tablespoons butter
- ☐ 6 ounce mushrooms sliced canned
- ☐ 2 carrots chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground pepper black

- ☐ 1 onion chopped
- ☐ 16 ounce onions canned
- ☐ 2 cups red wine
- ☐ 1 teaspoon salt
- ☐ 2 pounds stew meat cubed

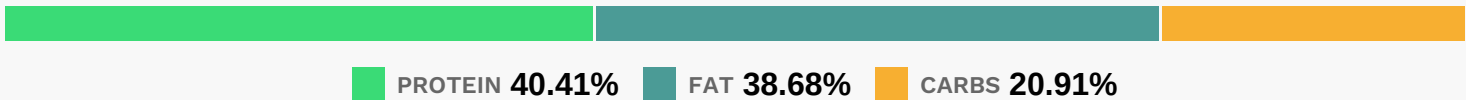
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ In a small bowl, combine the flour, salt and ground black pepper. Coat the beef cubes with this mixture.
- ☐ Melt the butter or margarine in a large skillet over medium high heat.
- ☐ Add the meat and brown well on all sides.
- ☐ Pour this into a 2 quart casserole dish.
- ☐ Return the skillet to the heat and add the onion, carrots and garlic to it.
- ☐ Saute for 5 to 10 minutes, or until onion is tender. add the wine, bay leaf, parsley, thyme, and liquid from the mushrooms.
- ☐ Pour over meat.
- ☐ Bake, covered, at 350 degrees F (175 degrees C) for 2 1/2 hours.
- ☐ Remove cover, add canned onions and mushroom crowns, and bake for 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:13.95, Glycemic Load:1.47, Inflammation Score:-7, Nutrition Score:6.8917391235414%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 105.18kcal (5.26%), Fat: 3.84g (5.91%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 3.89g (1.41%), Sugar: 1.54g (1.71%), Cholesterol: 28.45mg (9.48%), Sodium: 168.78mg (7.34%), Alcohol: 2.12g (100%), Alcohol %: 2.74% (100%), Protein: 9.03g (18.07%), Vitamin A: 951.81IU (19.04%), Selenium: 11.41µg (16.3%), Vitamin B6: 0.3mg (15.03%), Vitamin B3: 2.88mg (14.38%), Vitamin B12: 0.7µg (11.72%), Zinc: 1.72mg (11.49%), Phosphorus: 101.7mg (10.17%), Vitamin K: 10.09µg (9.61%), Potassium: 219.98mg (6.29%), Iron: 1.12mg (6.21%), Vitamin B2: 0.09mg (5.03%), Manganese: 0.09mg (4.73%), Vitamin B1: 0.07mg (4.5%), Magnesium: 16.23mg (4.06%), Folate: 14.68µg (3.67%), Copper: 0.07mg (3.56%), Vitamin C: 2.75mg (3.34%), Fiber: 0.79g (3.14%), Vitamin B5: 0.28mg (2.83%), Calcium: 18.98mg (1.9%), Vitamin E: 0.21mg (1.42%)