



Beef Bourguignonne-Topped Potatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds baking potatoes
- ☐ 0.8 cup beef broth
- ☐ 12 ounce beef tenderloin steaks cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 tablespoons flour all-purpose

- ☐ 8 ounce pre mushrooms
- ☐ 0.8 teaspoon salt
- ☐ 4 medium shallots peeled quartered
- ☐ 1 tablespoon stick margarine

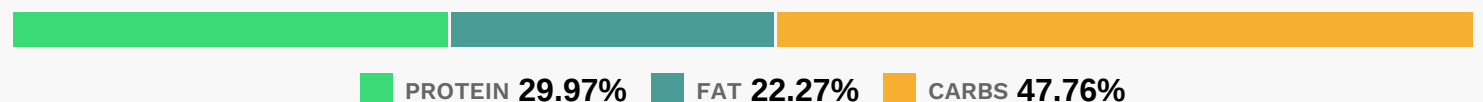
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at high 16 minutes or until done, rearranging potatoes after 8 minutes.
- ☐ Let stand 5 minutes.
- ☐ While potatoes cook, combine beef, flour, salt, and pepper in a large zip-top plastic bag; seal and shake to coat.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add beef mixture and shallots; stir-fry 5 minutes.
- ☐ Add thyme, garlic, and mushrooms; stir-fry 3 minutes.
- ☐ Add broth and wine; cook 5 minutes or until shallots are tender and sauce thickens, stirring frequently.
- ☐ Remove from heat.
- ☐ Split potatoes open with fork; fluff pulp. Spoon beef mixture evenly over potatoes.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:70.94, Glycemic Load:27.82, Inflammation Score:-7, Nutrition Score:21.675217555917%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 362.18kcal (18.11%), Fat: 8.54g (13.14%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 41.21g (13.74%), Net Carbohydrates: 37.35g (13.58%), Sugar: 4.17g (4.64%), Cholesterol: 54.43mg (18.14%), Sodium: 699.88mg (30.43%), Alcohol: 3.15g (100%), Alcohol %: 0.95% (100%), Protein: 25.86g (51.72%), Vitamin B6: 1.29mg (64.26%), Vitamin B3: 9.9mg (49.52%), Selenium: 33.98µg (48.55%), Potassium: 1314.51mg (37.56%), Phosphorus: 348.63mg (34.86%), Zinc: 4.32mg (28.83%), Vitamin B2: 0.42mg (24.8%), Manganese: 0.48mg (23.99%), Copper: 0.46mg (22.85%), Iron: 4.02mg (22.31%), Vitamin B5: 2.02mg (20.24%), Vitamin B1: 0.3mg (19.87%), Magnesium: 72.17mg (18.04%), Vitamin C: 13.41mg (16.25%), Fiber: 3.86g (15.45%), Folate: 61.57µg (15.39%), Vitamin B12: 0.85µg (14.15%), Vitamin K: 9.01µg (8.58%), Calcium: 64.51mg (6.45%), Vitamin A: 145.91IU (2.92%), Vitamin E: 0.44mg (2.9%)