



 **15%**
HEALTH SCORE

Beef Braised In Red Wine

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

READY IN



45 min.

SERVINGS



8

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound bacon finely chopped
- 3 lb beef chuck boneless
- 1 medium carrots finely chopped
- 2 rib celery stalks finely chopped
- 2 cups red wine dry red
- 4 garlic clove thinly sliced
- 1 tablespoon olive oil
- 1 medium onion finely chopped

- 0.5 teaspoon pepper
- 2 sprigs rosemary
- 1 teaspoon salt
- 4 sprigs thyme leaves
- 3 teaspoons tomato paste
- 0.3 cup water cold

Equipment

- frying pan
- oven
- pot
- dutch oven

Directions

- Put oven rack in the middle and preheat oven to 325
- Heat oil in a large dutch oven until hot but not smoking. Meanwhile, pat meat dry and season with salt and pepper. Brown meat on both sides for about 10 minutes total. (if the bottom of your pan starts to scorch turn down the heat some).
- Remove meat from pan and let rest on a plate.
- Add bacon to pan and saute until browned.
- Add the veggies and cook until they are softened and golden brown.
- Add garlic, thyme, rosemary and saute for 1 minute. Then add tomato paste and stir in and cook for 1 minute.
- Add wine and boil until liquid is reduced by half.
- Add water to the pan and bring to a simmer. Return meat and any juices to the pan. Cover the pot with the lid and transfer to the oven. Cook for 2 1/2 to 3 hours or until meat is very tender.
- Remove from pan and slice across the grain.
- Serve on top of potatoes or grits and top with sauce from pan.

Nutrition Facts



■ PROTEIN 34.74% ■ FAT 60.38% ■ CARBS 4.88%

Properties

Glycemic Index:42.85, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:21.906086956522%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Taste

Sweetness: 23.61%, Saltiness: 100%, Sourness: 43.79%, Bitterness: 28.82%, Savoriness: 61.31%, Fattiness: 54.2%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 445.4kcal (22.27%), Fat: 26.97g (41.49%), Saturated Fat: 10.72g (67%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.22g (1.54%), Sugar: 1.61g (1.79%), Cholesterol: 126.72mg (42.24%), Sodium: 549.23mg (23.88%), Alcohol: 6.36g (35.33%), Protein: 34.91g (69.83%), Zinc: 13.13mg (87.53%), Vitamin B12: 4.71µg (78.58%), Selenium: 38.43µg (54.9%), Vitamin B3: 8.24mg (41.21%), Vitamin B6: 0.78mg (38.83%), Phosphorus: 367.32mg (36.73%), Vitamin A: 1363.46IU (27.27%), Iron: 4.14mg (22.98%), Potassium: 747.97mg (21.37%), Vitamin B2: 0.29mg (17.22%), Vitamin B5: 1.2mg (11.95%), Magnesium: 46.01mg (11.5%), Vitamin B1: 0.17mg (11.38%), Manganese: 0.18mg (9.21%), Copper: 0.14mg (7.19%), Vitamin E: 0.79mg (5.26%), Vitamin K: 5.47µg (5.21%), Calcium: 47.05mg (4.7%), Vitamin C: 3.25mg (3.94%), Fiber: 0.69g (2.75%), Folate: 10.49µg (2.62%), Vitamin D: 0.23µg (1.51%)