



Beef Burgundy

 Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby carrots
- 1 lb beef top sirloin steaks boneless cut into 1-inch cubes
- 10.8 oz cream of mushroom soup canned
- 1 tablespoon parsley fresh chopped
- 2 teaspoons garlic finely chopped
- 1 cup onion coarsely chopped
- 0.5 teaspoon pepper
- 0.3 cup sacramento tomato juice

- 1 tablespoon vegetable oil
- 8 oz extra wide egg noodles uncooked

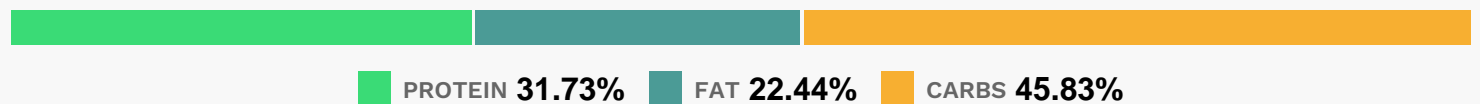
Equipment

- frying pan
- ladle
- oven

Directions

- Heat oven to 350F. In 10-inch skillet, heat oil over medium-high heat.
- Add beef, onion and garlic; sprinkle with pepper. Cook 5 to 8 minutes, stirring occasionally, until beef is brown and onion is translucent. Stir in carrots, wine and soup. Spoon mixture into ungreased 1 1/2-quart casserole.
- Cover; bake about 1 hour or until beef and carrots are tender when pierced with fork.
- Remove from oven; keep covered.
- Meanwhile, cook and drain noodles as directed on package.
- Place noodles on serving platter; ladle beef mixture over top.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:49.08, Glycemic Load:18.14, Inflammation Score:-10, Nutrition Score:30.139565068743%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

Nutrients (% of daily need)

Calories: 482.48kcal (24.12%), Fat: 11.91g (18.33%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 54.74g (18.25%), Net Carbohydrates: 50g (18.18%), Sugar: 6.37g (7.08%), Cholesterol: 118.34mg (39.45%), Sodium: 669.5mg (29.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.9g (75.81%), Vitamin A: 9015.64IU (180.31%), Selenium: 80.65µg (115.22%), Vitamin B6: 1.02mg (50.87%), Vitamin B3: 9.74mg (48.72%), Manganese: 0.94mg (47.16%), Zinc: 6.69mg (44.62%), Phosphorus: 433.53mg (43.35%), Vitamin K: 31.14µg (29.66%), Potassium: 898.91mg (25.68%), Copper: 0.51mg (25.31%), Iron: 4.27mg (23.71%), Vitamin B12: 1.35µg (22.54%), Magnesium: 77.67mg (19.42%), Fiber: 4.75g (18.99%), Vitamin B5: 1.76mg (17.64%), Folate: 66.04µg (16.51%), Vitamin B1: 0.25mg (16.37%), Vitamin B2: 0.27mg (16.14%), Vitamin C: 9.2mg (11.15%), Calcium: 84.24mg (8.42%), Vitamin E: 0.87mg (5.82%), Vitamin D: 0.17µg (1.13%)