



Beef Burgundy Casserole

 Dairy Free

READY IN



260 min.

SERVINGS



10

CALORIES



240 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cube beef bouillon from cube
- ☐ 4.5 ounce mushrooms drained canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 4 cups extra wide egg noodles cooked
- ☐ 1 ounce herb and lemon soup mix
- ☐ 0.5 cup onion chopped
- ☐ 2 pounds beef roast cut into cubes
- ☐ 0.5 cup burgundy wine

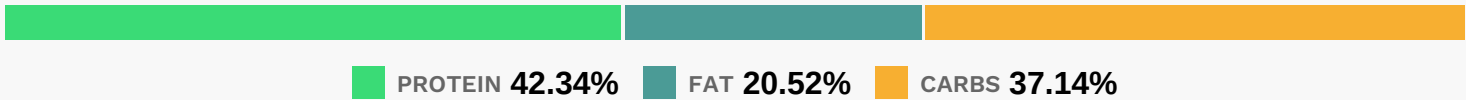
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ In a large bowl combine the beef, dry soup mix, bouillon, onion and soup.
- ☐ Mix all together and pour mixture into a lightly greased 9x13 inch baking dish. Cover and bake in the preheated oven for 4 hours.
- ☐ Add mushrooms and wine and bake for another 10 minutes.
- ☐ Add cooked egg noodles and mix all together.
- ☐ Serve with fresh bread and a green salad, if desired.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:7.88, Inflammation Score:-4, Nutrition Score:15.170434940444%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 240.46kcal (12.02%), Fat: 5.29g (8.13%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 20.07g (7.3%), Sugar: 1.12g (1.24%), Cholesterol: 71.79mg (23.93%), Sodium: 1868.89mg (81.26%), Alcohol: 1.25g (100%), Alcohol %: 0.72% (100%), Protein: 24.55g (49.09%), Vitamin C: 41.51mg (50.32%), Vitamin B3: 7.55mg (37.74%), Selenium: 22.11µg (31.58%), Zinc: 4.18mg (27.86%), Vitamin B12: 1.65µg (27.48%), Calcium: 271.19mg (27.12%), Phosphorus: 251.74mg (25.17%), Vitamin B6: 0.44mg (22.25%), Manganese: 0.37mg (18.27%), Iron: 2.7mg (15%), Copper: 0.23mg (11.56%), Potassium: 377.4mg (10.78%), Magnesium: 40.37mg (10.09%), Vitamin B2: 0.16mg (9.3%), Vitamin B5: 0.64mg (6.4%), Vitamin B1: 0.09mg (5.94%), Fiber: 1.46g (5.83%), Folate: 18.05µg

(4.51%)