

Beef Burgundy III

 **Gluten Free**

READY IN

ready

140 min.

SERVINGS

servings

6

CALORIES

calories

305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 10.8 ounce condensed golden mushroom soup canned
- ☐ 12 ounces mushrooms chopped
- ☐ 1 medium onion chopped
- ☐ 2 pounds sirloin tips cubed
- ☐ 0.5 cup burgundy wine

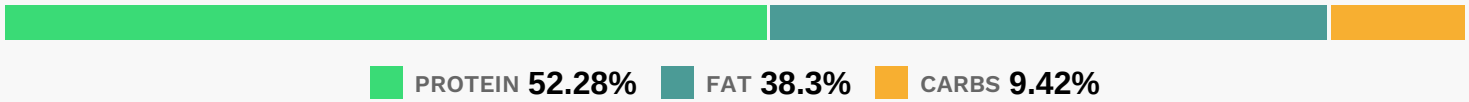
Equipment

- ☐ dutch oven

Directions

- ☐ In a Dutch oven over medium-high heat, sear beef on all sides. Stir in onion, and saute until golden brown.
- ☐ Add mushrooms, butter, mushroom soup and wine. Reduce heat, cover, and simmer for 2 hours.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:20.597391532815%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 304.97kcal (15.25%), Fat: 12.2g (18.77%), Saturated Fat: 5.63g (35.18%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 5.77g (2.1%), Sugar: 2.06g (2.29%), Cholesterol: 104.8mg (34.93%), Sodium: 480.88mg (20.91%), Alcohol: 2.08g (100%), Alcohol %: 0.87% (100%), Protein: 37.47g (74.94%), Vitamin B3: 13.78mg (68.9%), Selenium: 44.01µg (62.87%), Vitamin B6: 1.02mg (51.05%), Zinc: 7.17mg (47.83%), Phosphorus: 383.88mg (38.39%), Vitamin B12: 1.91µg (31.85%), Vitamin B2: 0.43mg (25.37%), Potassium: 809.08mg (23.12%), Copper: 0.4mg (20.04%), Vitamin B5: 1.97mg (19.66%), Iron: 3.22mg (17.87%), Manganese: 0.25mg (12.43%), Magnesium: 47.56mg (11.89%), Vitamin B1: 0.16mg (10.53%), Folate: 36.67µg (9.17%), Calcium: 53mg (5.3%), Vitamin E: 0.62mg (4.11%), Fiber: 0.98g (3.92%), Vitamin C: 2.55mg (3.09%), Vitamin A: 116.99IU (2.34%), Vitamin K: 2.37µg (2.25%), Vitamin D: 0.26µg (1.76%)