



Beef Burgundy Over Noodles

READY IN



90 min.

SERVINGS



2

CALORIES



443 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons butter
- 0.5 pound beef top sirloin steaks cut into 1/4-inch-thick strips
- 2 tablespoons onion diced
- 1.5 cups mushrooms fresh quartered
- 0.8 cup beef broth
- 0.3 cup water divided
- 3 tablespoons parsley fresh divided minced
- 1 bay leaves
- 1 cloves whole

- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 4 ounces extra wide egg noodles uncooked
- 1 tablespoon flour all-purpose
- 0.5 teaspoon browning sauce

Equipment

- bowl
- frying pan
- dutch oven

Directions

- In a Dutch oven or large nonstick skillet, heat butter over medium-high heat; saute beef and onion just until beef is lightly browned, 1-2 minutes. Stir in mushrooms, wine, 1/4 cup water, 2 tablespoons parsley and seasonings; bring to a boil. Reduce heat; simmer, covered, until beef is tender, about 1 hour.
- Meanwhile, cook egg noodles according to package directions.
- Drain.
- In a small bowl, mix flour and remaining water until smooth; stir into beef mixture. Bring to a boil; cook and stir until thickened, about 2 minutes. Discard bay leaf and clove. If desired, stir in browning sauce.
- Serve over noodles.
- Sprinkle with remaining parsley.

Nutrition Facts



Properties

Glycemic Index:146, Glycemic Load:19.83, Inflammation Score:-7, Nutrition Score:29.51913038544%

Flavonoids

Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 442.78kcal (22.14%), Fat: 11.14g (17.15%), Saturated Fat: 4.88g (30.51%), Carbohydrates: 47.4g (15.8%), Net Carbohydrates: 44.26g (16.1%), Sugar: 3.23g (3.59%), Cholesterol: 125.28mg (41.76%), Sodium: 744.77mg (32.38%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 37.27g (74.55%), Selenium: 88.32µg (126.18%), Vitamin K: 100.68µg (95.88%), Vitamin B3: 12.15mg (60.73%), Vitamin B6: 0.94mg (46.97%), Phosphorus: 461.52mg (46.15%), Zinc: 6.12mg (40.8%), Manganese: 0.67mg (33.45%), Vitamin B2: 0.52mg (30.88%), Copper: 0.51mg (25.51%), Potassium: 876.8mg (25.05%), Vitamin B5: 2.41mg (24.15%), Iron: 4.03mg (22.4%), Vitamin B12: 1.33µg (22.18%), Vitamin B1: 0.28mg (18.75%), Magnesium: 73.01mg (18.25%), Folate: 63.39µg (15.85%), Vitamin A: 669.68IU (13.39%), Fiber: 3.14g (12.56%), Vitamin C: 10.26mg (12.43%), Calcium: 67.36mg (6.74%), Vitamin E: 0.71mg (4.73%), Vitamin D: 0.31µg (2.09%)