



Beef, Burgundy Style

READY IN



200 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons add carrot and onion to bacon fat . cook
- ☐ 1 bay leaf
- ☐ 1 cup beef broth
- ☐ 2 pounds beef round cut into 3 inch pieces
- ☐ 4 servings herb bouquet (Bouquet Garni)
- ☐ 0.3 cup butter
- ☐ 1 teaspoon beef demi glace
- ☐ 3 tablespoons flour all-purpose
- ☐ 12 mushrooms fresh sliced

- ☐ 1 tablespoon parsley fresh chopped for garnish
- ☐ 3 sprigs rosemary fresh
- ☐ 1 sprig thyme leaves fresh
- ☐ 1.5 cups onions chopped
- ☐ 3 tablespoons sherry wine
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup burgundy wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ casserole dish
- ☐ cheesecloth

Directions

- ☐ In a small bowl, mix together beef broth, flour, tomato paste and demi glace; set aside.
- ☐ Heat bacon drippings in a large heavy skillet over medium heat.
- ☐ Add beef, and cook until brown on all sides.
- ☐ Remove beef from skillet; set aside. Stir the sherry wine into the skillet.
- ☐ Place parsley, rosemary, thyme, and bay leaf in a square of cheesecloth.
- ☐ Place herb bouquet in sauce.
- ☐ Return beef to skillet. Cover, and simmer over low heat for about 3 hours, or until beef is tender.
- ☐ Melt butter in a small skillet over medium heat.
- ☐ Saute mushrooms until lightly browned.
- ☐ Add to meat in the skillet, and continue cooking 15 minutes. Discard bouquet garni.
- ☐ Serve in a casserole dish, sprinkled with parsley.

Nutrition Facts



 PROTEIN **37.49%**  FAT **51.84%**  CARBS **10.67%**

Properties

Glycemic Index:84, Glycemic Load:5.36, Inflammation Score:-8, Nutrition Score:34.37608672225%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg

Nutrients (% of daily need)

Calories: 644.45kcal (32.22%), Fat: 33.82g (52.03%), Saturated Fat: 15.39g (96.16%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 13.24g (4.81%), Sugar: 4.99g (5.54%), Cholesterol: 181.09mg (60.36%), Sodium: 523.88mg (22.78%), Alcohol: 7.4g (100%), Alcohol %: 1.82% (100%), Protein: 55.02g (110.05%), Selenium: 71.56µg (102.23%), Vitamin B3: 18.66mg (93.31%), Vitamin B6: 1.69mg (84.27%), Vitamin B12: 4.29µg (71.43%), Zinc: 10.08mg (67.21%), Phosphorus: 595.22mg (59.52%), Vitamin B2: 0.69mg (40.74%), Iron: 6.82mg (37.91%), Potassium: 1224.46mg (34.98%), Vitamin K: 27.09µg (25.8%), Copper: 0.48mg (23.92%), Vitamin B1: 0.34mg (22.87%), Magnesium: 82.42mg (20.6%), Vitamin B5: 2.05mg (20.52%), Manganese: 0.34mg (17.22%), Folate: 68.69µg (17.17%), Vitamin A: 597.28IU (11.95%), Vitamin C: 8.85mg (10.73%), Fiber: 2.42g (9.7%), Calcium: 96.53mg (9.65%), Vitamin E: 1.29mg (8.6%), Vitamin D: 0.38µg (2.55%)