



Beef Burgundy with Egg Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef stew meat lean
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups carrots 1-inch-thick ()
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 8 ounces extra wide egg noodles uncooked
- ☐ 1.8 ounces flour all-purpose

- ☐ 0.3 cup thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup lower-sodium beef broth fat-free
- ☐ 8 ounce mushrooms
- ☐ 16 ounce pearl onions frozen thawed
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup tomato paste

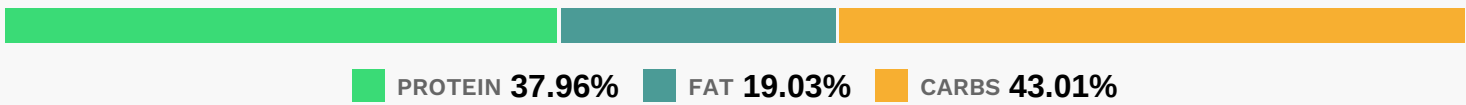
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place beef in a large bowl; sprinkle with flour, tossing well to coat.
- ☐ Place beef mixture, carrot, onions, mushrooms, and garlic in an electric slow cooker.
- ☐ Combine beef broth and next 6 ingredients (through pepper); stir into beef mixture. Cover and cook on LOW for 8 hours.
- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Serve beef mixture over noodles; sprinkle with thyme.

Nutrition Facts



Properties

Glycemic Index:55.85, Glycemic Load:14.99, Inflammation Score:-10, Nutrition Score:27.275652198688%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg

Nutrients (% of daily need)

Calories: 355.76kcal (17.79%), Fat: 7.25g (11.15%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 36.86g (12.29%), Net Carbohydrates: 33.02g (12.01%), Sugar: 6.04g (6.71%), Cholesterol: 94.12mg (31.37%), Sodium: 637.6mg (27.72%), Alcohol: 1.58g (100%), Alcohol %: 0.64% (100%), Protein: 32.53g (65.06%), Vitamin A: 5558.43IU (111.17%), Selenium: 59.35µg (84.79%), Vitamin B3: 10.31mg (51.57%), Vitamin B6: 0.98mg (48.93%), Zinc: 5.72mg (38.11%), Phosphorus: 380.55mg (38.05%), Vitamin B12: 2.19µg (36.52%), Manganese: 0.51mg (25.69%), Potassium: 879.49mg (25.13%), Vitamin B2: 0.41mg (23.87%), Iron: 4.08mg (22.65%), Vitamin B1: 0.28mg (18.66%), Copper: 0.37mg (18.66%), Magnesium: 63.27mg (15.82%), Fiber: 3.84g (15.36%), Folate: 57.75µg (14.44%), Vitamin B5: 1.39mg (13.85%), Vitamin C: 10.98mg (13.31%), Vitamin K: 7.66µg (7.29%), Vitamin E: 1.03mg (6.87%), Calcium: 68.34mg (6.83%)