



Beef Carbonnade

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon diced finely
- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black
- ☐ 10.5 ounce beef broth canned
- ☐ 2.5 pounds boned chuck roast cut into 1-inch cubes
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 12 ounce egg noodles (package) cooked
- ☐ 3 tablespoons flour all-purpose

- ☐ 1 garlic clove minced
- ☐ 12 ounce beer light canned
- ☐ 5 cups onion thinly sliced (4 medium)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 2 teaspoons citrus champagne vinegar

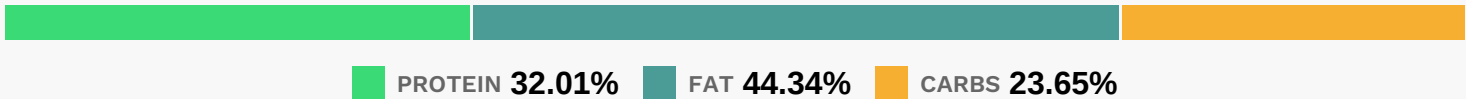
Equipment

- ☐ frying pan
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Cook bacon slices in a large Dutch oven over medium-high heat until crisp; remove bacon with a slotted spoon, reserving drippings in pan. Set bacon aside.
- ☐ Add beef, salt, and pepper to drippings in pan; cook 5 minutes, browning beef well on all sides.
- ☐ Add garlic; cook 30 seconds.
- ☐ Remove beef from pan with a slotted spoon; set aside.
- ☐ Add sliced onion to pan; cover and cook over medium heat 10 minutes, stirring occasionally. Stir in flour, and cook 2 minutes.
- ☐ Add vinegar and the next 5 ingredients (vinegar through bay leaf), and bring to a boil. Return bacon and beef to pan. Cover and bake at 325 for 2 hours or until beef is tender, and discard the bay leaf.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:47.35, Glycemic Load:11.91, Inflammation Score:-7, Nutrition Score:27.238695665546%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 27.08mg, Quercetin: 27.08mg, Quercetin: 27.08mg, Quercetin: 27.08mg

Nutrients (% of daily need)

Calories: 538.96kcal (26.95%), Fat: 26.08g (40.12%), Saturated Fat: 10.86g (67.9%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 28.16g (10.24%), Sugar: 6.28g (6.98%), Cholesterol: 151.69mg (50.56%), Sodium: 590.8mg (25.69%), Alcohol: 1.76g (100%), Alcohol %: 0.45% (100%), Protein: 42.36g (84.73%), Zinc: 14.94mg (99.61%), Vitamin B12: 5.29µg (88.22%), Selenium: 56.56µg (80.79%), Vitamin B3: 9.69mg (48.44%), Vitamin B6: 0.96mg (48.14%), Phosphorus: 468.17mg (46.82%), Iron: 5mg (27.78%), Potassium: 906.59mg (25.9%), Manganese: 0.44mg (22.15%), Vitamin B2: 0.37mg (21.53%), Vitamin B1: 0.26mg (17.21%), Magnesium: 67.37mg (16.84%), Vitamin B5: 1.56mg (15.63%), Fiber: 3.14g (12.54%), Vitamin C: 10.08mg (12.22%), Copper: 0.24mg (11.98%), Folate: 46.53µg (11.63%), Calcium: 79.35mg (7.94%), Vitamin K: 5.09µg (4.85%), Vitamin E: 0.52mg (3.5%), Vitamin D: 0.28µg (1.83%)