



Beef Cheeks Braised in Red Wine with Orange Zest (Joues de Boeuf aux Agrumes)



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby carrots peeled
- ☐ 2 pounds beef chuck boneless
- ☐ 750 ml wine dry red
- ☐ 1 pound onion coarsely chopped
- ☐ 6 orange zest (3- by 1-inch)
- ☐ 2 tablespoons vegetable oil

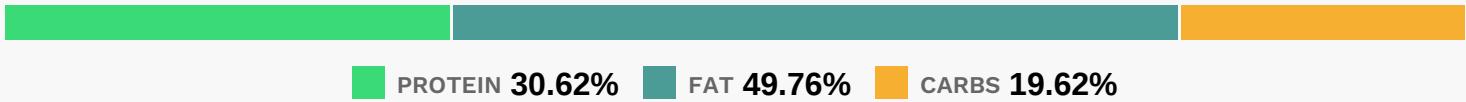
Equipment

- ☐ oven
- ☐ pot
- ☐ tongs

Directions

- ☐ Preheat oven to 350°F. with rack in middle.
- ☐ If using chuck, cut across grain into 4 pieces.
- ☐ Pat beef dry and season with 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Heat oil in a 4- to 6-quart heavy pot over medium-high heat until it shimmers. Brown beef on all sides, 6 to 10 minutes total.
- ☐ Transfer to a plate with tongs.
- ☐ Add onions, carrots, 3/4 teaspoon salt, and 1/2 teaspoon pepper to pot and cook, stirring occasionally, until vegetables are softened, 8 to 10 minutes.
- ☐ Add wine and zest and bring to a boil.
- ☐ Add beef and return to a boil. Cover pot and braise in oven until meat is very tender, 2 to 4 hours (beef cheeks take longer than chuck). Season with salt and pepper.
- ☐ Serve beef with carrots and sauce.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:2.34, Inflammation Score:-10, Nutrition Score:36.830434477848%

Flavonoids

Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.72mg, Isorhamnetin: 5.72mg, Isorhamnetin: 5.72mg, Isorhamnetin: 5.72mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 24.12mg, Quercetin: 24.12mg, Quercetin: 24.12mg, Quercetin: 24.12mg

24.12mg, Quercetin: 24.12mg, Quercetin: 24.12mg

Nutrients (% of daily need)

Calories: 728.72kcal (36.44%), Fat: 33.13g (50.97%), Saturated Fat: 12.55g (78.44%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 22.26g (8.09%), Sugar: 10.21g (11.34%), Cholesterol: 156.49mg (52.16%), Sodium: 277.23mg (12.05%), Alcohol: 19.97g (100%), Alcohol %: 3.79% (100%), Protein: 45.88g (91.75%), Vitamin A: 15744.95IU (314.9%), Zinc: 17.49mg (116.57%), Vitamin B12: 6.19µg (103.19%), Selenium: 48.49µg (69.27%), Vitamin B6: 1.16mg (57.77%), Vitamin B3: 10.73mg (53.65%), Phosphorus: 497.06mg (49.71%), Vitamin C: 35.82mg (43.42%), Potassium: 1225.44mg (35.01%), Iron: 6.11mg (33.94%), Fiber: 7.12g (28.5%), Vitamin K: 27.02µg (25.73%), Vitamin B2: 0.42mg (24.5%), Vitamin B5: 2.07mg (20.75%), Magnesium: 69.73mg (17.43%), Vitamin B1: 0.26mg (17.16%), Manganese: 0.34mg (17.01%), Folate: 64.37µg (16.09%), Copper: 0.31mg (15.63%), Calcium: 129.9mg (12.99%), Vitamin E: 1.05mg (7.03%), Vitamin D: 0.23µg (1.51%)