



Beef Daube



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings bouquet garnic
- ☐ 14.5 ounce canned tomatoes italian canned
- ☐ 4 large carrots cut into 2
- ☐ 4 pound chuck roast boneless trimmed cut into 2 well
- ☐ 1 head garlic separated peeled halved lengthwise
- ☐ 1.5 teaspoons pepper freshly ground
- ☐ 8 servings garnish: rosemary fresh
- ☐ 1.5 teaspoons salt

- ☐ 0.3 cup vegetable oil
- ☐ 4 small onions yellow cut into wedges
- ☐ 750 milliliter côtes du rhône

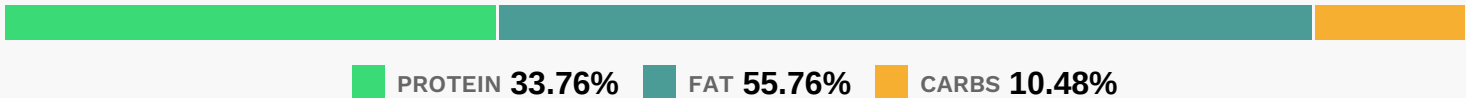
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ kitchen twine

Directions

- ☐ Heat oil in a Dutch oven over medium heat until hot.
- ☐ Sprinkle beef with salt and pepper. Brown beef in several batches in hot oil until browned on all sides.
- ☐ Remove beef to a large plate, reserving drippings in Dutch oven.
- ☐ Saut onion, carrot, and garlic in reserved drippings over medium heat 6 to 8 minutes.
- ☐ Add tomatoes and wine. Return beef to pan; add bouquet garni. Bring to a boil; cover, reduce heat, and simmer 1 1/2 hours.
- ☐ Remove from heat, and cool completely. Cover pan and refrigerate overnight.
- ☐ Remove Dutch oven from refrigerator. Skim fat from surface, if desired.
- ☐ Let stew stand 20 minutes. Bring to a boil over medium heat; cover, reduce heat, and simmer 1 hour. Uncover and simmer 30 more minutes or until beef is very tender and stew is thickened. Discard bouquet garni before serving.
- ☐ Garnish each serving, if desired.
- ☐ *A bouquet garni is a small bundle of fresh herbs, such as parsley, thyme and bay leaves, tied together with kitchen twine. We tested with flat-leaf parsley, rosemary and 2 bay leaves.

Nutrition Facts



Properties

Glycemic Index:17.98, Glycemic Load:2.96, Inflammation Score:-10, Nutrition Score:34.014347667279%

Flavonoids

Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg, Petunidin: 3.16mg Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg, Delphinidin: 3.98mg Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg, Malvidin: 24.95mg Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg, Peonidin: 1.76mg Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg, Catechin: 7.32mg Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 597.9kcal (29.89%), Fat: 33.27g (51.19%), Saturated Fat: 12.56g (78.53%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 10.81g (3.93%), Sugar: 5.5g (6.11%), Cholesterol: 156.49mg (52.16%), Sodium: 715.25mg (31.1%), Alcohol: 9.99g (100%), Alcohol %: 2.78% (100%), Protein: 45.33g (90.67%), Vitamin A: 6266.99IU (125.34%), Zinc: 17.39mg (115.96%), Vitamin B12: 6.19µg (103.19%), Selenium: 47.31µg (67.59%), Vitamin B3: 10.89mg (54.43%), Vitamin B6: 1.05mg (52.71%), Phosphorus: 472.28mg (47.23%), Iron: 6.52mg (36.2%), Potassium: 1098.07mg (31.37%), Vitamin K: 30.55µg (29.1%), Vitamin B2: 0.39mg (23.03%), Manganese: 0.4mg (20.07%), Vitamin B5: 1.69mg (16.91%), Magnesium: 66.53mg (16.63%), Vitamin B1: 0.23mg (15.46%), Copper: 0.28mg (14.12%), Fiber: 3.26g (13.04%), Vitamin E: 1.91mg (12.71%), Vitamin C: 10.17mg (12.33%), Calcium: 101.75mg (10.17%), Folate: 30.9µg (7.72%), Vitamin D: 0.23µg (1.51%)